THE ULTIMATE PUSHUP WORKOUT p.40

SEPTEMBER 2015

Men's Health

MIDDLE EAST

GYM FREE ABS

YOUR 3-DAY POWER PLAN

TRI HARDER

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ADD YEARS TO YOUR LIFE - *IN 20 SECONDS*

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LOOK SHARP

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INSANELY FIT! SECRETS FROM THE WORLD'S MOST HARDCORE GYM

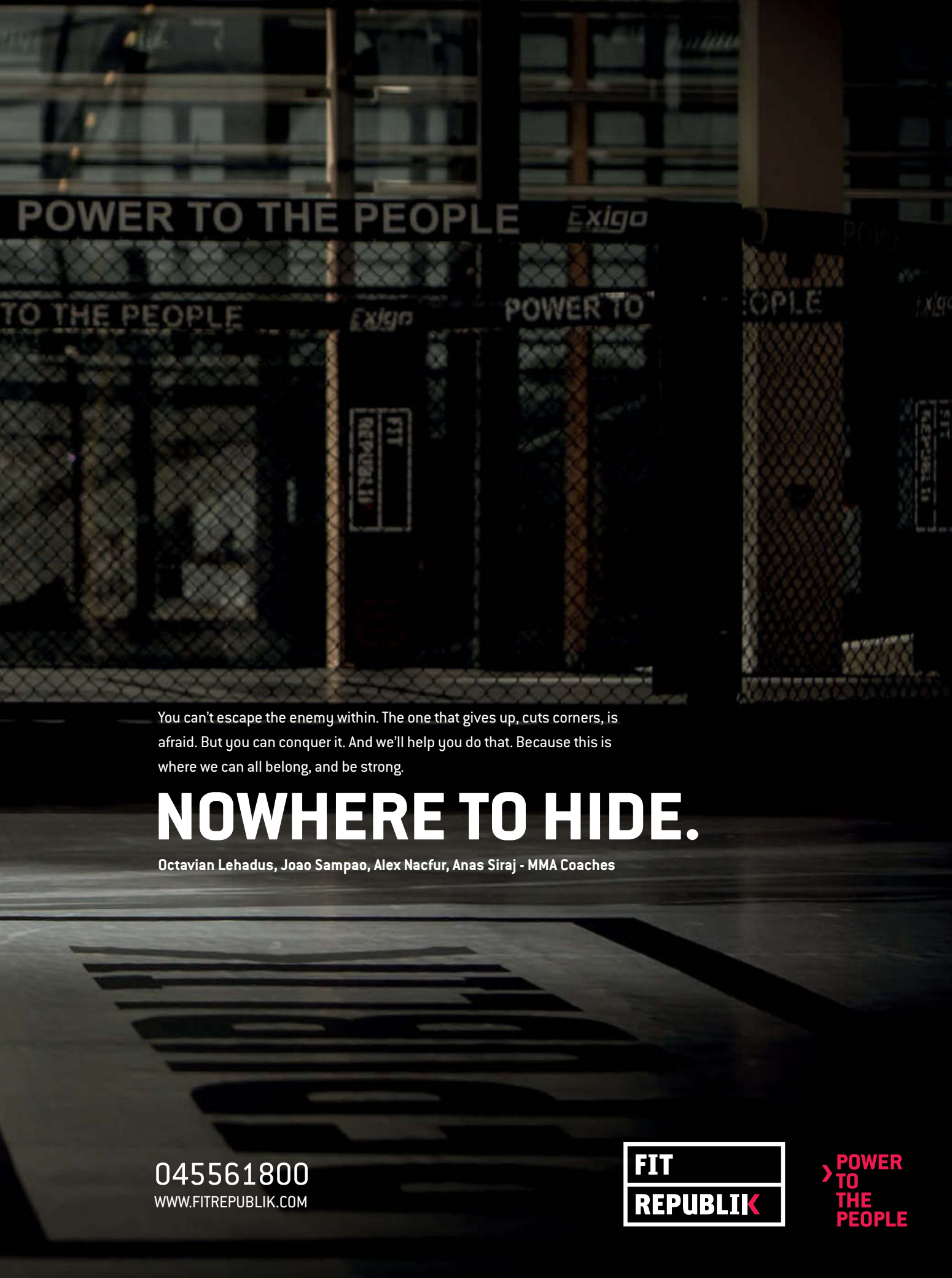
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ISSN 2313-3945

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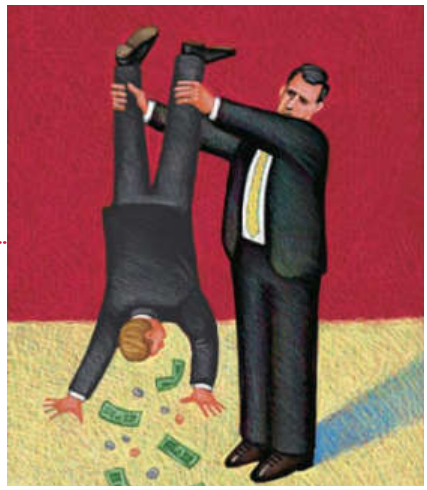
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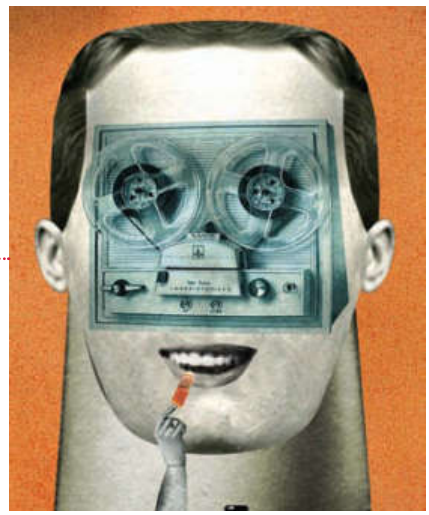
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RULES I LIVE BY Delaying Death

What our health and fitness experts do to add years to their expiration dates.

Tune Up Your Brain Every Day

"Keeping your brain active is essential for preserving mental agility. **Playing a musical instrument taps multiple brain regions,** for example; it's mental exercise. I play the violin terribly, but I'm always learning new things. I also solve the Sunday *New York Times* crossword every single week. Plus, I nourish my brain by drinking two cups of coffee a day; it's a simple, productive way to reduce stroke risk."

David S. Liebeskind, M.D., associate neurology director, UCLA Stroke Centre, Los Angeles

Add Fido and Fiber to Your Life

"To maintain a strong, lean body, I emphasise high-fibre plant foods—vegetables, fruits, lentils and other beans, whole grains, nuts, and seeds. I also choose high-quality proteins like fish. Daily exercise is nonnegotiable. I'd rather be late to a meeting or adjust my schedule than miss a workout. **I also try to walk my dogs or ride my horse every day.** The honesty and simplicity of animal friendship is therapeutic, especially considering the complexities we encounter in our fellow homo sapiens."

David Katz, M.D., M.P.H., FACPM, F.A.C.P., founding director, Yale-Griffin Prevention Research Centre; author, *Disease-Proof*

Last Longer… with Her

"I never go to bed angry; my husband and I work out our differences with compassion and love, and we always try to consider each other's perspective. **Keeping your relationship healthy is a proven way to help you live longer.** I also like to keep candles at our bedside. Studies show that a romantic setting is a turn-on for most men and women. Besides, we all look better in candlelight."

Debby Herbenick, Ph.D., M.P.H., director, Indiana University Cente for Sexual Health Promotion; author, *The Coregasm Workout*

Dial Back Your Stress

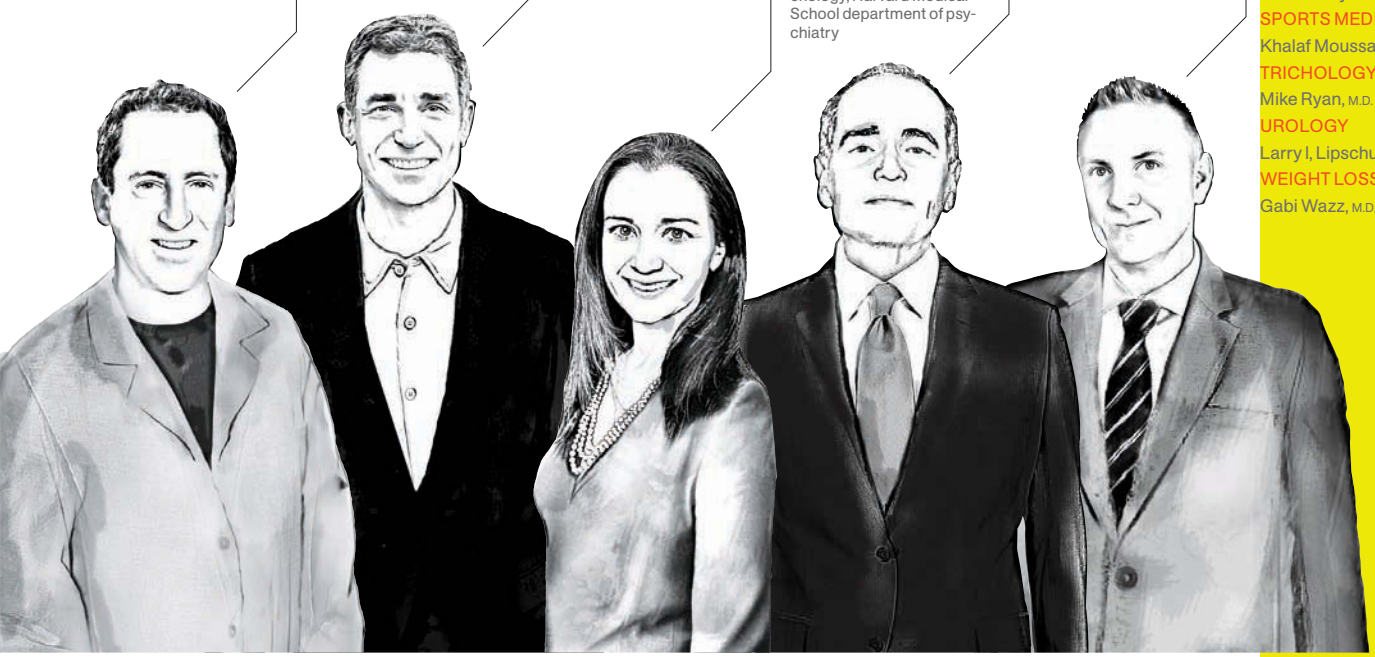
"I try to diminish stress several times a day. Doing this helps lower my heart attack and hypertension risk and leads to a longer, happier life. I pause for 10 to 15 minutes and do slow, deep breathing while focusing on a happy, heartwarming memory. Plus, **I spend 15 minutes a day speaking with a close friend or family member,** either in person or by phone or Skype. So many men don't view this as a practice to live by, but nurturing these connections can enhance your emotional life as well as your longevity."

William Pollack, Ph.D., assistant clinical professor of psychology, Harvard Medical School department of psychiatry

Make Room for Flex Time

"I train almost every day. **Muscular strength is a robust indicator of longevity,** and cardiovascular health is just as critical. I vary the length and intensity of my cardio, and also switch up my rep counts for a given muscle group on alternate strength-training days (so 3 to 5 reps one day, 5 to 10 reps the next). For years I felt that missing a workout was a disaster, but exercise shouldn't be so rigid. Now if I'm pressed for time, I'll run, hike, or go biking with my son."

Mark Peterson, Ph.D., C.S.C.S.*D, professor of physical medicine and rehabilitation, University of Michigan Medical School, Ann Arbor



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EDITOR'S LETTER

The more I train, the more I'm warming to the fact that nutrition is something I need to pay a bit more attention to. The very word has always worried me, not because it's a complex subject fraught with misinformation and subject to interpretation, half-truths and fads – but because it's become a rigid set of rules that must be adhered to.

The tipping point came last month when I bumped sessions up from once a day, six days a week to twice a day. That exposed a calorie deficit which saw me struggle through the first few days until the penny dropped and I started to eat more. Up to that point, my focus has been on shedding fat through regular gym sessions and a limited calorie intake. Doubling that effort quickly tapped that fuel and taxed the reserves. It wasn't so much a matter of training too much, but not eating enough.

It's a mental switch too. Having lived on a restricted and, in the main, clean diet for 18 months, the thought of adding more calories to my daily allowance took a bit of convincing. On days that involved squats (in the first week, 10 of the 12 sessions involved some form of squat), the sense of hunger soared.

So, I relented. I boosted my food intake to curb hunger pains, and tracked everything I stuffed down my neck. My fitness tracker told me I'd bumped my daily output from 2400 calories to 3500, so I was fairly confident that even if it was wildly inaccurate, the magnitude of error would fall well within my diet plan without creating a calorie surplus.

It seems to have paid off. Over the first two weeks, muscle mass has built while fat continues to melt away. My metabolism is still firing, and I have enough energy to get through two sessions a day without passing on the next workout, or struggling through without progressing.

To help get you through a food rut, we've gone nutrition heavy with this issue. We show you how to transform pizza into muscle food, how to create the best Sloppy Joes on the planet - and how master your outdoor cooking skills without touching the barbecue. And, if you ever find yourself in Mexico, just what goes in to creating the ultimate taco. The humble street feast may count as fast food, but there's a long and slow process that goes into preparing every component.

We also expose the truth behind saturated fat and its effect on your diet. The evidence linking heart disease and saturated fats was always shaky, so you can relax a bit. Sugar is still tarred with the same reputation that tobacco and alcohol have, but replacing carbs in your diet with saturated fat usually reduces blood pressure and cholesterol. Thanks, science.

If counting calories and logging your food sounds too much of a chore, then we've got six rules to live by that should help (p.42) without taxing your brain.

The biggest problem with doubling up on training isn't a lack of energy, drive, determination or sleep but the amount of laundry it generates. It's absolutely bonkers.

Carlin Gerbich

Get involved...

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Registered at Dubai Media City
ITP Lifestyle Publishing, PO Box 500024, Dubai, UAE
Tel +971 4 444 3000 Fax +971 4 444 3030

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Ask MH™

LIFE'S QUESTIONS, ANSWERED



Texting behind the wheel makes you up to 23 times more likely to crash.

How do I resist the urge to text while driving?

BILL, LOS ANGELES, CA

Three steps: Open boot, insert phone, close boot lid. Studies show that even when people turn off phone notifications, they still feel compelled to check their devices. According to technology addiction expert David Greenfield, Ph.D., we may crave the dopamine rush that receiving info produces. So after you stow your phone, crank up the tunes—listening to a favourite song can trigger a similar dopamine hit, a Canadian study found. Need your phone's GPS? The app SafeCell 360 ($3, Android) can disable incoming and outgoing texts whenever you exceed 8 km/h.

What's the best way to remove water from my ears after swimming?

TOM, WILMINGTON, NC

We'll start with the worst ways: using a cotton swab or a blow-dryer. If you stick the swab in too deep, you could damage your eardrum. And if you shoot hot air in there, you might melt the wax and make it run into your ear canal, says Steven Rauch, M.D., a professor of otolaryngology at Harvard Medical School. No, this is a problem best solved with alcohol. Your tube-like canals are lined with delicate, oily skin that causes H_2O to sit on top, similar to the way raindrops bead on a freshly waxed car. You need to break the surface tension, and that's where the alcohol comes in. "It's far less prone to beading up, so the water will run right out," says Dr. Rauch. Your treatment plan: Soak a cotton ball in rubbing alcohol, lie down on your side, and squeeze the liquid into the affected ear. (You might need to massage the outside to help the alcohol drain into the canal.) Now sit up and tilt your head the other way so the water is able to drain out. No success? The water could be trapped behind wax buildup. Time to visit an otolaryngologist, who can clean it out."

For a list of medical centres in the UAE, visit mymd.ae/listing/medicalcenter.

I'd like to list my house on a vacation rental website. How can I protect myself from slobs and thieves?

DAN, WESTCHESTER, NY

While most people will treat your abode as their own, there *are* homewreckers out there. Be sure to use a listing site that verifies the identities of all potential guests, says Jasper Ribbers, the author of *Get Paid for Your Pad*. With Airbnb, for example, hosts can require guests to provide a government-issued photo ID that matches their social media profiles on Facebook or LinkedIn. And speaking of identity, protect your own. Keep any important documents locked away in a safe

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Ask MH™

LIFE'S QUESTIONS, ANSWERED

AM I NORMAL?

When I'm asked to make a donation to a charity, I just get annoyed.

MARK, LANSDALE, PA

We're going to assume you aren't Millionaire Mark from Lansdale. For people with real-world wealth, the annoyance usually arises from the public nature of the ask. "There's a lot of social pressure involved," says Stefano DellaVigna, Ph.D., a professor of economics and business administration at UC Berkeley. "Being put on the spot can be very uncomfortable." In a study he published in the *Quarterly Journal of Economics*, DellaVigna found that when people were given the chance to avoid interacting with a charity solicitor, as many as 25 percent took the out. And those who did give? They felt ambushed for alms and coerced into opening their wallets. So the next time you find yourself facing a guy with a bucket and a bell or a cashier asking you to add an extra dollar to your total, just remember your most recent charitable donations, smile, and feel free to decline. Don't worry: As the research shows, plenty of other folks will knuckle under and give to escape the guilt.

● NORMAL ○ WEIRD

place and have the post office hold your mail while you're gone, says Ribbers. The good news is that if you follow only these basic steps, you probably won't open your house to a criminal. The bad news is that you could still come home to a disaster. When prospective renters express interest, check to see how they've been rated by other owners. Zero feedback, or hints that they may have outstayed their welcome somewhere? Then don't hand over the keys. And most important of all, pore over your homeowner's policy to see whether your coverage extends to a rental scenario, says Ribbers. If it doesn't, or if you simply don't want to loop in your provider, spring for the optional vacation rental insurance offered by most listing sites, including HomeAway Assure offered by HomeAway and VRBO. It'll cost about the same as your current homeowner's policy. Or you could have your guests put down a refundable security deposit or purchase their own travel insurance. If they balk at your house rules, tell them to enjoy their stay in town—just not at your place.

What on earth is tooth soap?

SCOTT, MINNEAPOLIS, MN

What on earth indeed. After all, we thought teeth cleaning had been pretty much figured out by now. *MH* dentistry advisor Mark Wolff, D.D.S., Ph.D., explains: "Some people are concerned about chemical exposure from toothpaste," he says. "That's where tooth soap comes in." Whether in liquid or solid form, most tooth soaps contain coconut or castile oil and little else. You definitely won't find any sodium lauryl sulfate, the strong, potentially irritating detergent listed as an ingredient in most toothpastes. Nor will you see any trace of triclosan, an antibacterial agent that may contribute to bacterial resistance to antibiotics. And fluoride? Forget it. The mineral has long been accused of causing lower IQs among kids and increasing the risk of cancer. But hold on a sec, Dr. Wolff says: Studies have concluded that the evidence against fluoride is lacking. What the science *has* shown is that fluoride can lower the odds of developing gum disease and reduce tooth decay by nearly 35 percent among adults. If you're looking for a smile shiner that's both safe and effective, Dr. Wolff recommends sticking with formulas that contain fluoride. And baking soda, a natural ingredient, can take the place of triclosan for beating bad breath and plaque. Try Tom's of Maine Cavity Protection Toothpaste. It does have some sodium lauryl sulfate, but the amount is low enough that it shouldn't cause irritation in most mouths.

My protein powder is past its expiration date. Is it still safe to use?

JACK, DENVER, CO

Are you worried about your bowels or your biceps? Protein powders don't spoil the way meat or dairy does, because a dry environment makes it nearly impossible for microbes to grow, says Bob Roberts, Ph.D., a professor of food science at Penn State University. So unless you're storing your canisters in a warm, humid place (like the bathroom or your gym locker), you're fine on that front. As for the muscle-building mojo of protein powder, it does diminish after the use-by date has passed. You can blame a chemical reaction called Maillard browning: The protein reacts with sugar left over from when the whey was extracted from milk, resulting in a gradual breakdown of the amino acid lysine. "If you lose lysine, then the powder will not be as complete of a protein," says Roberts. Only a day or two past the expiration date? Put a bit of it on your tongue. Another telltale sign of Maillard browning is a fade in flavour, says Roberts. If you taste cardboard, toss it. And if it always tasted like cardboard, then no wonder the stuff sat around for so long. Maybe it's time to go shopping for a new brand, such as Isopure Zero Carb Alpine Punch powder (AED215, sporter.com). It contains 50 grams of protein per serving.

How old should my son be before he goes out running with me?

MIKE, LEXINGTON, KY

Can the kid tie his own shoes? Then he's ready to run, says *MH* sports medicine advisor Jordan Metzl, M.D. In other words, 5 or 6 years old is a safe starting age, Dr. Metzl says. While you guys are bonding, your son will be building

I stink up the house when I cook fish. What's the best way to clear the air?

TONY, BALTIMORE, MD

You need to take action before the salmon even hits the skillet. The muscle tissues in seafood are stocked with trimethylamine oxide (TMAO), an odorless organic compound that helps fish live in salt water, says Jung-lim Lee, Ph.D., an associate professor of food microbiology at Delaware State University. But once fish die and are exposed to oxygen, bacteria produce an enzyme that converts TMAO into trimethylamine (TMA), a process that produces the distinct stink. The longer a fish is out of water, the more TMA is released. So stop the stench by soaking or rubbing the fish in an acidic solution, such as vinegar or lemon juice, Lee says. This does two main things: It suppresses bacterial growth and causes the TMA to bind to water instead of stinking up the air. Let the fish sit for a few minutes, rinse it with water, then cook. Another option is to dunk the fish in dairy for a half hour before cooking. The caseins in milk attach to fish muscle, preventing TMA from evaporating. Both ways keep the fish fresh, not funky.



Prop styling (previous page): Megumi Emoto/Anderson Hopkins; illustration by TOBY LEIGH

BY ALL_CREDIT_FOOTNOTE_AG55-LIGHTEXT-RIGHT

strength in his bones, tendons, and ligaments, which in turn should reduce his risk of future running injuries. Just keep the mileage per outing to a minimum for at least a few years: Your boy's bones won't reach full strength until after he hits puberty, so tromping too far too soon could lead to repetitive-use injuries. For starting mileage, Dr. Metzl's general guideline is to limit your father-son runs to 3 to 5 km until he turns 10. (That's probably the distance he'd cover while running around with his friends anyway.) Then bump it up to 10 km until age 13. Just remember to let your son set the pace so he's not tripping over himself trying to keep up with you: Almost half of athletic running-related injuries in kids ages 6 to 11 come from stumbles, according to a study in the journal *Clinical Pediatrics*. By the time he hits high school, your only worry should be whether you're fast enough to run with him.

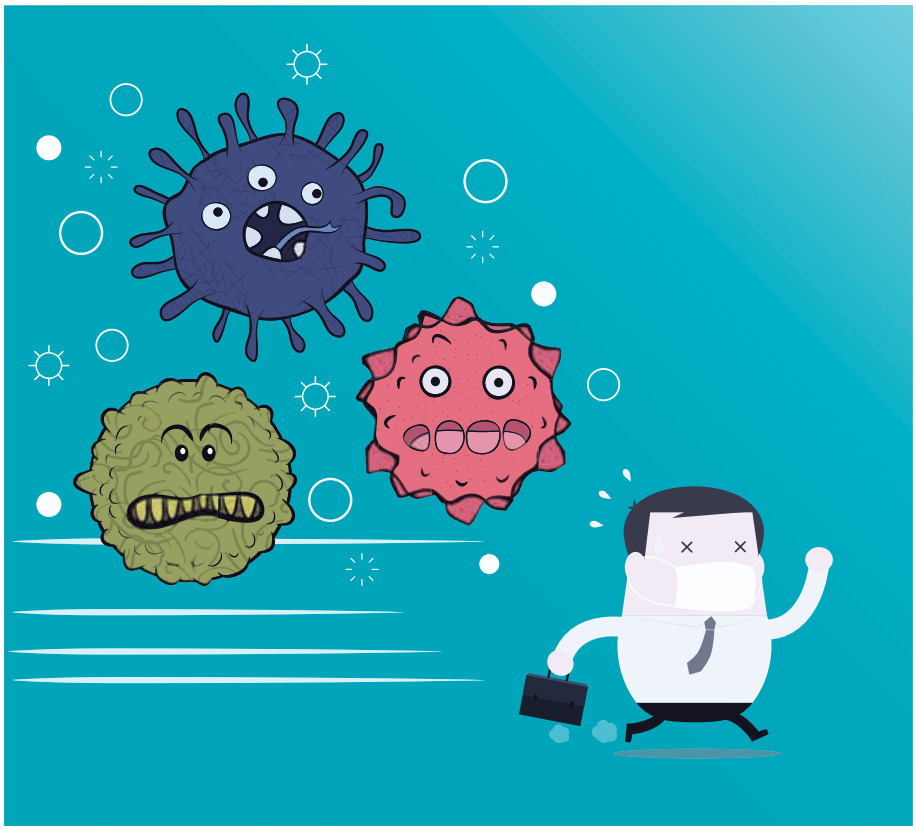
SHE ASKS

Why does my husband seem so much more susceptible to catching colds than I am?

JESSICA, MADISON, WI

Despite its rep as the he-man hormone, testosterone can leave guys with wimpy infection protection. Consider a typical sickness scenario: Bug invades body, immune system responds by commanding the release of antibodies. That's how it works in women; in men, though, high T levels can intercept that command, crippling the counterattack, according to Stanford researchers. There's also a genetic angle to the gender difference. Lots of genes that mediate our immune response to viruses are encoded on the X chromosome, and women have two copies of the X chromosome. Because of that duplication, researchers theorize that women may have more copies of X-linked immune system genes than men do, says Sabra Klein, Ph.D., an associate professor of microbiology and immunology at Johns Hopkins Bloomberg School of Public Health. The downside for gals is that this sometimes results in an overactive immune response, which is part of the reason women make up about 80 percent of patients with autoimmune conditions. Now, your husband can't do anything about his T or his DNA, but encourage him to take a break from working out when he starts to feel sick. Research shows that intense resistance exercise can increase testosterone levels as well as the production of inflammatory cells, which may further suppress a man's immune system.

Have a question? We've got answers! Ask at MensHealth.com/experts.



Ask MH

YOUR BODY, DISSECTED

by Adnan Nasir, M.D.

Why does my beard grow in a different colour than my hair?

JOE, NASHVILLE, TN

Your hormones are likely cuing the hue. An excess of dihydrotestosterone (DHT) has been implicated in androgenic alopecia, a.k.a. male-pattern baldness. The odd part: Too much DHT can also *boost* facial hair growth. These follicles are more active than the ones up top, so they also age more quickly. Toss in a surfeit of male hormones that can reduce your body's ability to pump out hair-darkening melanin, and salt-and-pepper scruff seems inevitable. Have a brown mop but a ginger beard? Your mug may be genetically wired to produce a high level of pheomelanin, a form of melanin that gives hair a rusty cast. Your options: Dye it, shave it, or go two-tone.



Knowledge





FAVOURITE FOODS FOR FAT LOSS

Habits aren't all bad: **Sticking with one brand of food may help you curb overeating,** say UK scientists. After feeding pizza to study participants, they found that folks who typically varied their pizza brands and types were less likely to find the slices satisfying than those who tended to stay loyal to one. And the greater their dissatisfaction, the more junk they ate afterward. Your expectation of a food affects your enjoyment of it, the authors explain. If it's not what you expected, you might eat more.

SEPTEMBER 2015

PLANNER

Diary notes for the coming season



Urban-Ultra 24hr Insomnia

(December 12)

The second edition now holds a Bronze Label sanctioned by the International Association of Ultra Runners (IAU). Run around a 500m flat looping course under the sun and stars with a stunning backdrop. You will run for 24hrs, 12hrs or 6hrs (12 noon start for all). A true test of endurance that brings out the sense of adventure, stubborn determination and fun in every competitor!

Venue: *Race Village, Al Qudra, Dubai*
More info: *www.urbanultra.com*

Abu Dhabi Striders Half Marathon and 10 km

(October 30)

Fun for the whole family, even non-runners

The 31st Annual Abu Dhabi Striders Half Marathon and 10K features a fast mostly flat picturesque IAAF measured course starting at Yas Waterworld, taking in the Yas Plaza (small hill), Yas Marina, The Yas Viceroy Hotel, Ferrari World, and the greater environs of Yas Island before returning to Yas Waterworld. All runners receive free entry to the waterpark for the day.

Course highlights
Running around the Hotels Plaza, Yas Beach Road, Yas Marina, Yas Parkland and Yas Mall

Included in the entry
ChampionChip Timing, Certificate, Medal, Refreshments, Saucony Race Shirt, Entry to Yas Waterworld (same day).

Water stations
Every three km

You can find out more and register online at premieronline.com.



Book these now

Three events to get your race season off to a flying start.

Dubai International Triathlon

(November 14)

The season opener is a half-Iron distance triathlon featuring a 1.9km swim followed by 90km cycle and a 21.1km run. The race is backed by the Dubai Sports Council, and organisers say they've made significant revisions this year to make it even better than 2014.

Venue: *To be confirmed* **Start:** *6.30am*

Go Sport Triathlon Series Race 1

(October 30, Dubai)

This event will take place at Mamzar Beach. Calm waters in the lagoon, closed roads and a designated running track will ensure a safe and speedy race for all. Distances including Sprint, Super Sprint and Olympic. The event is open for all ages and abilities and relay teams.

Web: *premieronline.com*



Contagion Run

(October 30, Dubai)

The Contagion Run pits Humans against Zombies for the survival of mankind. For this race, you have the choice to be either a Survivor, or a Zombie. As a Zombie, you have already transitioned to going from being a human, to wanting to eat humans.

Web: *premieronline.com*



Wadi Adventure Race 10

(October 31, Al Ain)

Prepare for WAR, the tenth adventure race in the wildly successful series. The race will be run over a five kilometre loop with 25 obstacles. Chose your challenge of either one, two or three loops and get training now. It's a monster.

Web: *premieronline.com*
Venue: *Al Ain, UAE*



#MHchallenge



GET YOUR GAME FACE ON. IT'S TIME TO SUFFER!

THE RACE SEASON IS NEARLY UPON US. IT'S TIME TO CRANK UP THE TRAINING REGIME.

1 Use intervals to build distance and stamina quickly

Alternate between cardio workouts three times a week and strength-training sessions to help build stamina and smash your personal best. Warm up with 10 minutes of light running followed by 10 accelerations (build to a sprint; then slow to a jog).

Start with 400m interval sprints, broken up with a three minute jog in between. Do five on the first day of week one, six on the first day of week 2, seven in week three and six in week four.

2 Add more intervals to push yourself further

Use Day Two for 800m intervals. Run each as fast as you can and walk or jog between them for five minutes to catch your breath. Do three in the first week, four in the second, five in the third and four in the fourth.

Use Day Three to conduct tempo runs at race pace. You should aim to push yourself at a pace which is hard but comfortable. Do four three minute runs at race pace in week 1, six in week 2, eight in week three and six in week four.

3 Bump up your strength training regime

Adventure races demand more from you than a steady cadence over a set distance. You're going to need to develop those scrambling, carrying, pulling, hauling, pressing and other core skills to get through. Crossfit is ideal, and there are a number of specialists out there that can help. If you struggle with burpees, pull-ups, press-ups, squats or any other core exercise, you need to get that sorted now. Don't skip the burpees. They're essential.

4 Train for race day, and expect the unexpected

If you're new to the sport, expect it to be tough. Many events don't mark the distances, so you really have no idea just how far into the event you really are. If you're taking part in a desert race over sand, then train for running on sand. If five km on tarmac feels like a long way, imagine just how tough it is on a loose and uneven surface. If the even involves water, then try to incorporate that into your training. Running in soggy sneakers isn't a lot of fun.

5 Don't do anything out of the ordinary on race day

Race day is not the time to change things in your diet, test new gear or make adjustments to your kit. You have trained hard (well, you should have), so don't risk undoing all that work by slurping through a sponsor's new product, lacing on a pair of spanky new shoes, or squeezing into the free event tee-shirt. Keep things simple. Don't introduce anything new. Keep yourself hydrated, fueled and ready to go. Stretch properly and, most importantly, enjoy it.

Knowledge / Muscle

Imbalance of Power

Next time you squat, skip the plates and hang kettlebells from the bar instead. **Lifting an unstable load engages more muscle throughout your body,** a *Journal of Strength and Conditioning Research* study reveals. How much more? The researchers found that activation in participants' quads, calves, and core rose 13, 72, and 86 percent, respectively. Do this: Grab kettlebells that total 50 to 60 percent of the weight you normally squat, and hang them from the bar with resistance bands, as shown. Do 5 sets of 15 reps. This technique also works for the bench press.



RULE REVERSAL

LIFT AWAY BACK PAIN

Old Rule A guy with an achy back should avoid the deadlift. Period. **New Rule** Deadlifting can ease mild lower-back pain by teaching you to activate stabilising muscles around your spine, a Swedish study reports. "It also strengthens your glutes, which are often weak in men who have back pain," says study author Lars Berglund, Ph.D.(c).



MOVE LESS, GROW MORE

Stay still to bolster your core: **Isometric exercises may be the best way to train your core,** according to researchers at the University of Waterloo at Ontario. They found that exercises requiring you to hold a rigid position (like the ones below) boost core stability more than those that don't. "Isometric moves not only extend your core's time under tension but also reinforce its primary job: staying stiff to protect your spine and transfer energy between your limbs," says study author Stuart McGill, Ph.D.

0%

MEASURABLE CHANGE IN PEOPLE'S STRENGTH WHEN THEY LIFTED WEIGHTS WHILE WEARING KINESIO TAPE

Source: *Journal of Science and Medicine in Sport*

Hard-Core Triple Play

Each time you train, perform the following moves; they're what University of Waterloo biomechanics expert Stuart McGill, Ph.D., calls the "Big 3" of ab exercises. Do 5 sets of 5 reps per exercise, resting as needed between sets.



Plank
Assume a pushup position but support your weight on your forearms. Hold for 10 seconds. That's 1 rep. Rest briefly (2 or 3 seconds) between reps, lowering your hips to the floor.



Bird Dog
Get on your hands and knees and raise your left arm and right leg until they're in line with your body. Hold for 10 seconds. Repeat with your right arm and left leg to complete 1 rep.



Side Plank
Lie on your left side, your legs straight and upper body propped on your left forearm. Raise your hips. Now hold for 10 seconds and repeat on your right side. That's 1 rep.

All Bulletins: MICHAEL BRANDON MYERS (icons). This page: BETH BISCHOFF (lifter); grooming: Laura Shelley/Dt. Hauschka/Exclusive Artists Management; Shutterstock (torso); ARTHUR MOUNT (exercise illustrations)



WORLD RECORDS
Getting tougher to topple.

Getty images

Are we reaching our limits?

Observers have long suspected that the limits of athletic performance and human endeavour may be fast approaching, and new research published by US journal Sports Medicine may back up that suspicion. The study review assesses the possible plateau of top physical capabilities in various events and details the historical backgrounds and sociocultural, anthropometrical, and physiological factors influencing the progress and regression of athletic performance. It concludes that we are approaching absolute physical limits in many events and further improvements will mostly depend on changes in sport technology and modification of competition rules. The study looked at the series of performances in Olympic disciplines, such as track and field and swimming events, from 1896 to 2012 reveal a major decrease in performance development. Similar trends in this "saturation effect" have been noted in greyhound, thoroughbred, and frog performances. Yep. Someone out there is monitoring the performance of frogs. True story.

30

Percentage of adults who develop kidney stones in the UAE, compared to the global average of 10%. Dehydration has been identified as a significant contributing factor.
Source: *NMC Urocare, UAE*



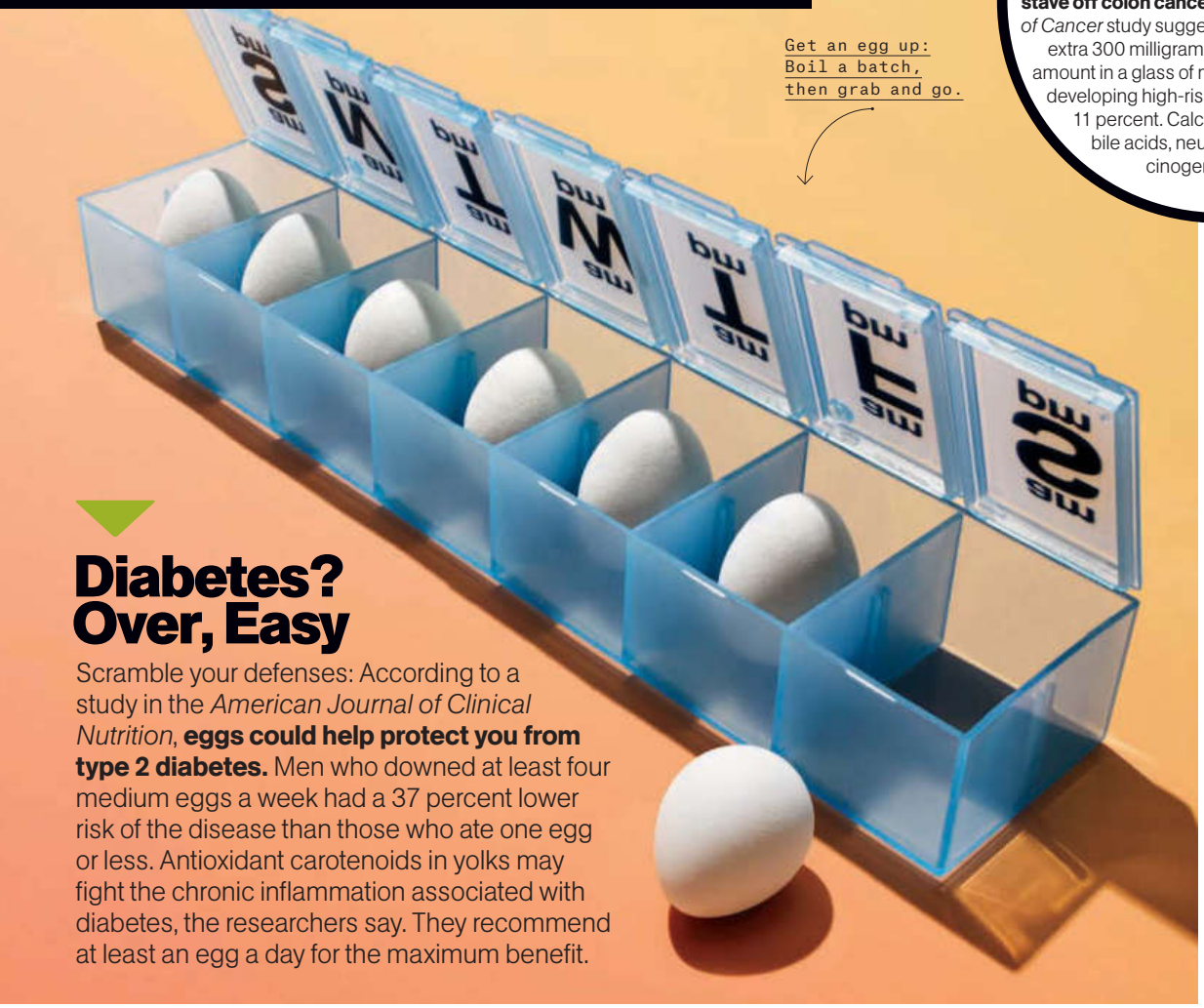
COLD WATER MAY REDUCE FITNESS GAINS

It turns out, that icy dip after a hard training session may be doing more long term harm than good. A report published by the Journal of Physiology detailed the findings of two studies which found that more research was required to fully understand the effects. In one the researchers had 21 physically active men participate in a twice-weekly strength training program for 12 weeks, with each session followed by either 10 minutes of cold water immersion or active recovery. Increases in strength and muscle mass were greater in men who employed active recovery. In the other study the researchers had nine men complete the same series of single-leg strength exercises on two separate days followed by cold water immersion on one occasion and active recovery on the other. Muscle biopsies before and two, 24, and 48 hours after each exercise session were used to show differences between the treatments' effects at the cellular level.

CREATINE USE

A review of 60 studies that looked for possible effects of creatine supplements on strength performance of the lower limbs concludes that taking creatine increases lower limb strength performance for exercise with a duration of less than 3 minutes.

Knowledge / Nutrition



Diabetes? Over, Easy

Scramble your defenses: According to a study in the *American Journal of Clinical Nutrition*, **eggs could help protect you from type 2 diabetes.** Men who downed at least four medium eggs a week had a 37 percent lower risk of the disease than those who ate one egg or less. Antioxidant carotenoids in yolks may fight the chronic inflammation associated with diabetes, the researchers say. They recommend at least an egg a day for the maximum benefit.

DISEASE DEFENSE

AVOID A BUM DIAGNOSIS

Drink milk, save your butt: **Calcium may help stave off colon cancer**, an *International Journal of Cancer* study suggests. People who took in an extra 300 milligrams of calcium a day—the amount in a glass of milk—cut their chances of developing high-risk colorectal growths by 11 percent. Calcium binds to excess bile acids, neutralising their carcinogenic effects.



FLAX OF LIFE

Feeling hypertense about hypertension? **Eat flaxseed to keep your blood pressure in check,** say scientists in Australia. People who ate 2 to 4 tablespoons of whole or ground flaxseed daily saw their systolic BP drop by 3.4 points, enough to cut their stroke risk by 10 percent. The alpha-linolenic acid in flax may reduce the amount of fatty acid byproducts in your blood, preventing the narrowing and blockage of arteries, the researchers say. Toss whole seeds on soups, salads, and cereals.

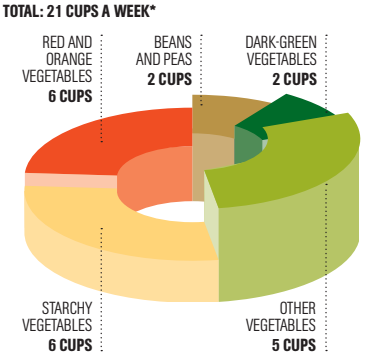
25

PERCENTAGE LESS FIBRE FOUND IN FROZEN CARROTS THAN IN FRESH

Source: *Journal of Agricultural and Food Chemistry*

Rake In the Roughage

Over 90 percent of American men don't meet federal guidelines for vegetable intake. Don't be that guy: Find delicious ways to hit the target (below) at MensHealth.com/guygourmet.



*For a 180 lb man who averages 5 hours of activity a week

JEDI MIND TRICK

SNACK FIRST, THEN SHOP

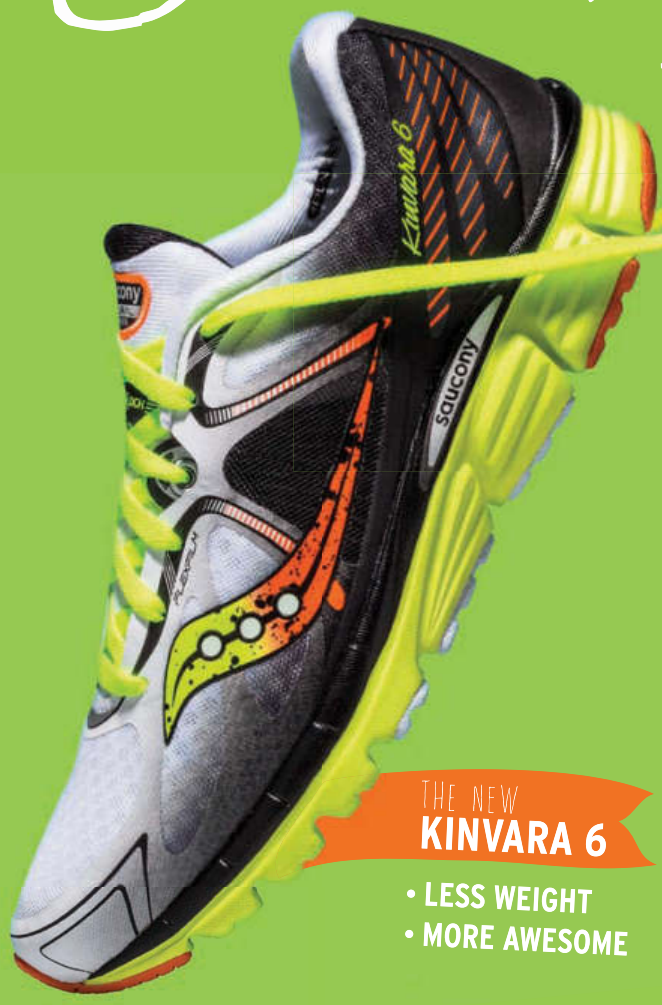
Eat a healthy snack, like a piece of fruit, before you go grocery shopping. Doing so tricks you into buying 25 percent more fruits and vegetables than if you hadn't snacked. **How It Works** Healthy noshing before buying food primes your brain for the decisions you'll make inside the supermarket, according to researchers at Cornell University.



Prop styling: Megumi Emoto/Anderson Hopkins; Floortje/Getty Images (flaxseed), istock (bag)

EDITED BY LILA BATTIS

SEEK AND YOU SHALL FLY



THE NEW
KINVARA 6

- LESS WEIGHT
- MORE AWESOME

BE A
SEEKER
FIND YOUR STRONG

saucony

• Adventure HQ Delma Mall 02-4456995 • Adventure HQ JBR 04-4304419 • Adventure HQ Times Square Center 04-3466909
• Foot Locker Alain 03-7552866 • Foot Locker Al-Wahda Mall 02-6958177 • Foot Locker Yas Mall 02-4926582
• Foot Locker IBN Battuta Mall 04-4190633 • Foot Locker Mall of Emirates 04-4190475 • Foot Locker Mirdif City Center 04-4190708
• Foot Locker Sahara Center 06-5301331 • Foot Locker The Dubai Mall 04-4190291 • Intersport Deerfields 02-5646390
• Intersport Al-Ghurair Center 04-2567279 • Intersport Dubai Festival City 04-2066581 • Intersport Times Square Center 04-3418214
• King Sports Fujairah 09-22416161 • Orlando Sports Alain 03-7645055 • Orlando Sports Al-Wahda 02-4437356
• Saucony Al-Wahda Mall 02-4459360 • Orlando Sports Al-Raha Mall 02-5566629 • Orlando Sports Al-Maktoum 04-2288876
• Orlando Sports Al-Manal Center 04-2286571 • Saucony Dubai Mall 04- 3398081 • Saucony Sunset Mall 04-3337155
• Stadium The Dubai Mall 04-4340641 • Star Sports RAK 07-2365811 • Sun & Sand Sport The Dubai Mall 04-3253929

Knowledge / Health

Hit the gym to avoid sucking wind outside.

Hazed & Confused

Get your head out of the exhaust clouds. **Exposure to air pollution may affect the size of your brain,** a recent Harvard study suggests. The findings linked living in areas of poor air quality to smaller brain volume—the equivalent of about a year of brain aging. Study author Elissa Wilker, Sc.D., explains that tiny toxic particles can lodge in your lungs, causing widespread inflammation that may lead to cerebrovascular damage. To prevent premature graying of your gray matter, monitor your local air quality with the free AQICN Asia Air Quality app and avoid exercising outdoors when that index tops 100.

11

PERCENTAGE OF U.S. MEN WHO, IN ORDER TO SAVE MONEY, DON'T TAKE THEIR MEDS AS PRESCRIBED

Source: CDC



WALK, OR DIE

Your company *still* hasn't sprung for standing desks? University of Utah scientists report that **a quick stroll can help offset the deadly consequences of sitting all day.** People who walked an extra two minutes each hour lowered their risk of premature death by a third, compared with folks who spent most of their time planted in a seat. That's one work threat eliminated. It may not fix your aversion to Sunday mornings, but it'll make sure you see more of them.

DON'T TOUCH THAT!



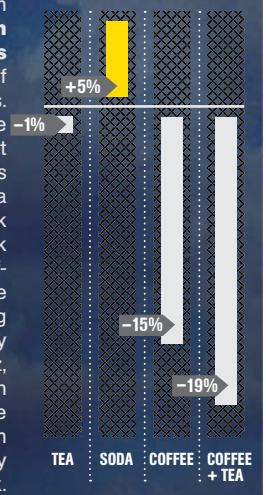
THE KITCHEN DISHCLOTH

Bag the rag. When researchers at Kansas State had people prepare a meal containing raw meat and then make fruit salad, they found that the towels they used harbored more bacteria than the countertops, the sink faucet, and the trash can's handle. Study author Jeannie Sneed, Ph.D., R.D., says we tend to unconsciously touch the cloth with germy hands or use it to dry them after inadequate washing (less than 20 seconds of scrubbing). If you can't correct these microbial missteps, use paper towels.

Buy Johnson a Coffee

Fire up the auto-drip to avoid the bedroom droop. **Java can reduce your odds of ED,** a University of Texas study reveals. Men who downed the caffeine equivalent of two or three cups of joe a day had a 39 percent lower risk than guys who took in little or none. Caffeine relaxes penile arteries, boosting bloodflow, says study author David Lopez, Dr.P.H. While even one cup of coffee can help, a jolt from sugary soda may *increase* your ED risk.

Your risk of ED, based on your caffeinated drink of choice



BY IMAGES SHUTTERSTOCK

This page and Bulletins opener: Megumi Emoto/Anderson Hopkins (prop styling); Chad Springer/Getty Images (man)

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No Preservatives

Gluten Free



Aloe + Pineapple + Guava + Seabuckthorn Berry

Aloe + Pomegranate + Cranberry

Aloe + Pink Grapefruit + Pomelo + Lemon

Original Aloe Vera with Honey

Aloe + Mangosteen + Mango

Aloe + Watermelon + Peach

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Learning to Fly

. . . or, rather, slow down your inevitable fall from grace.

Everyone loves an underdog – that brave soul blessed with so much confidence that if sheer determination and enthusiasm were enough, enormous bathtubs with cardboard wings would fly. Welcome to the utter lunacy of the Red Bull Flugtag, a celebration of human powered flight, which is set to return to Dubai after a nine-year hiatus on November 20.

The rules are simple. Applicants need to be over 16 years old and they must produce a handmade aircraft with a maximum weight of 200kg (including pilot) that must pass the Red Bull Flugtag safety check.

The aircraft will then be launched from a 7m-high deck with the hope of soaring into the wild blue yonder and establishing a new record for non-powered flight. Instead, sadly, most simply break up on launch and plunge into the water below.

Most see it for what it is: a fun event designed to give the crowd a laugh and lads with a little weekend time, a wild imagination and a lot of duct-tape, something to do. So, if you'd like a shot at actually winning the event, we've pieced together some handy tips that should prolong your flight and delay your ultimate watery landing. You're only allowed to use human power to propel the aircraft. That means you can't fit auxiliary lifting devices, power sources, or stored energy (eg. elastic bands, batteries, clockwork springs, rocket fuel, etc). The wingspan of your flying machine must be less than 8 metres wide, and you can't use a modified paraglider, hang-glider or anything else as a starting point. The wheelbase of the flying machine should be no more than 4 metres wide and 4 metres high. The maximum weight of your flying machine is 180 kg (including a pilot) – any heavier and salvage teams might find it difficult to rescue and your soggy craft.

You'll want to make sure your plane floats. You're going to crash into the water regardless of how well you build it, so you may want to ensure it's as buoyant as possible. Make sure you're prepared to scrap everything. You'll crash. Salvage teams can't be expected to save anything – not even the good-luck teddy bear strapped to the nose-cone. Give yourself a fighting chance. If your aircraft resembles a bathtub, stack of pancakes, can of fizzy drink, brick or banana, chances are, it'll fly like one. Remember: it's for fun.

To learn more, check out www.redbull.com.

100

Percentage of Red Bull Flugtag competitors who will end up in the water. Guaranteed.



Images: Getty


AUSTRALIA


7
PERU


RedBull


TAKOE
34



Claw Your Way to the Top

When Tommy Caldwell, 37, free-climbed El Capitan's 3,000-foot Dawn Wall in January, the world followed via Instagram and Facebook. He and fellow climber Kevin Jorgeson completed their ascent using ropes for safety only—not assistance. Follow Caldwell's advice on grit and drive, and scale your own heights.



FIND YOUR WALL

"For me, climbing is like food—I have to have it," Caldwell says. Once you find that hunger, you've found your calling. "The stuff that motivates you, you just keep going back," he says.

BUILD A MENTAL MAP

Over seven years, Caldwell mastered the Dawn Wall in sections, holding off on the full climb—which took 19 days!—until he could visualise each move. "I memorised every body position and how each finger fit into each hold," he says. "I can still run the whole climb in my head." Think about that before a big product launch or sales pitch. Once you can see a detailed mental picture of your success, you're ready.

HARNESS YOUR BUTTERFLIES

Don't fear stress, says Caldwell. It's your body's way of signaling that you're on the cusp of a breakthrough. "That crazy feeling in my stomach tells me I'm pursuing something that's worth pursuing," he says. Welcome the nerves you feel before a presentation or job interview.

IGNORE THE NEGATIVITY

In 2001, Caldwell lost half of his left index finger in a table saw accident. "The doctor told me, 'You won't be a professional climber anymore,'" says Caldwell. "That lit a fire in me. I came out determined to prove him wrong." The lesson: Don't blame your circumstances for your shortcomings. (But try not to cut off a finger, okay?)

ANTICIPATE YOUR FALL

"Truly challenging yourself means failure is a real possibility," says Caldwell. "In climbing, we spend our days failing over and over." But each failure is a chance for growth; keep that in mind the next time a big project unravels. –CLINT CARTER

"THAT CRAZY FEELING IN MY STOMACH TELLS ME I'M PURSUING SOMETHING THAT'S WORTH PURSUING."

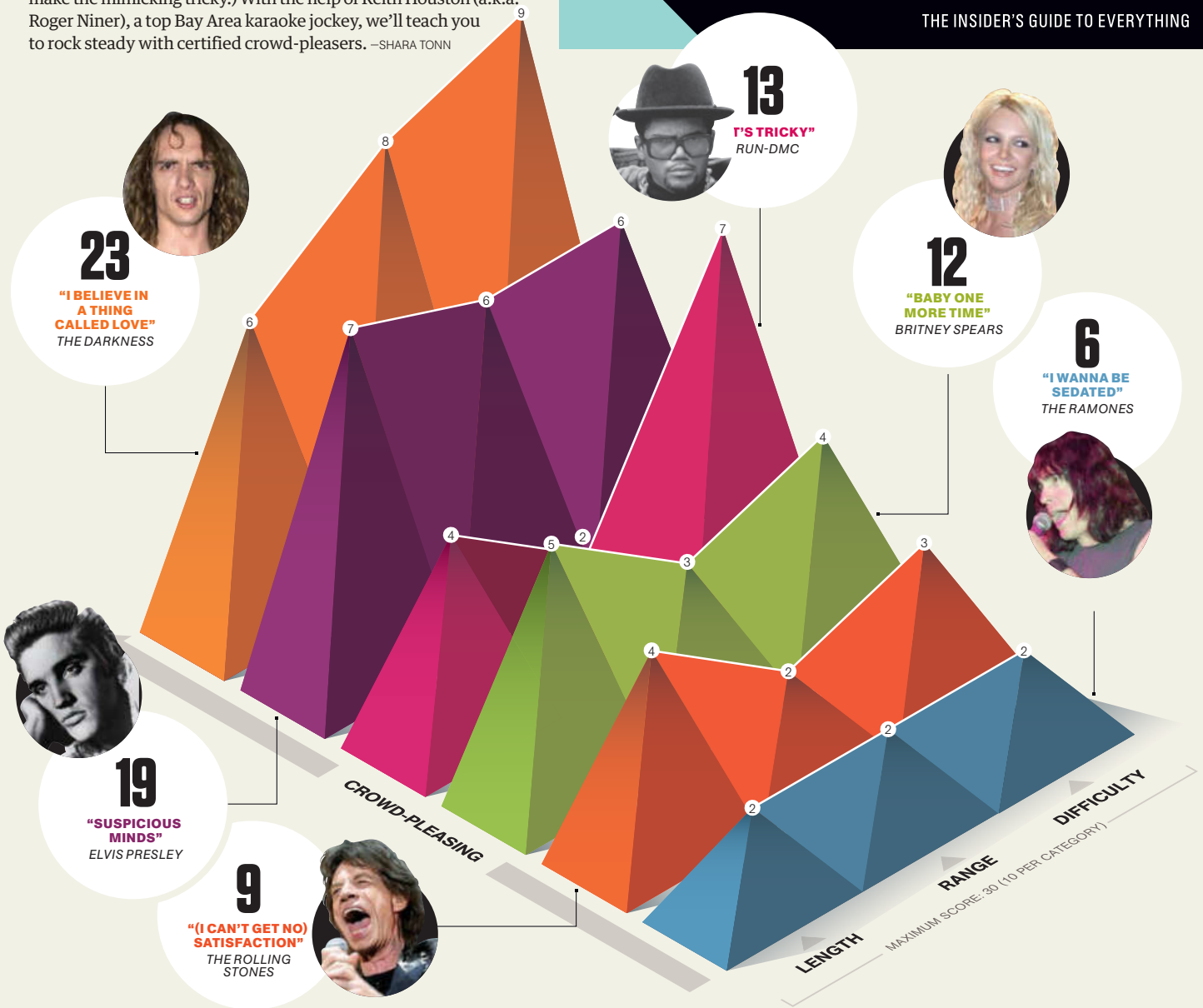
Image: Getty

Be the Greatest Hit on Karaoke Night

Uncommon Knowledge

THE INSIDER'S GUIDE TO EVERYTHING

You're not a rock star, but sometimes you gotta act like one. That's the catch-22 that makes karaoke singing either extremely entertaining or epically embarrassing. It all depends on the length, range, and difficulty of your tune. (In other words, your time on stage, the vocal highs and lows, and whatever lyrical complexities make the mimicking tricky.) With the help of Keith Houston (a.k.a. Roger Niner), a top Bay Area karaoke jockey, we'll teach you to rock steady with certified crowd-pleasers. –SHARA TONN



ACT IT OUT
Pulling off high-energy punk depends on you embodying the lyrics. So act as if it's *you* who should be sedated by shouting along until it's over. This song is really short, perfect if you can't sing and want to leave the stage fast.

CONTROL THE ROOM
For recognizable rock anthems, you can amp up the energy by getting the crowd involved. Just point to the folks in the audience and do some exaggerated claps to egg them on. It's as if you're already being applauded.

SHOCK AND AWE
You picked a song by a female pop icon? Then get out there and sell it—shamelessly. "Slither and gyrate like there's no tomorrow," says Houston. Everyone will be rolling. And if they call for an encore? Hit 'em one more time!

NAIL THE CHORUS
If you use any hip-hop song from the 1980s, remember: The rapping is just a prelude to a catchy, ever-repeating chorus. Practice the payoff part ahead of time. That way you can flub a verse or two but still look like a baller.

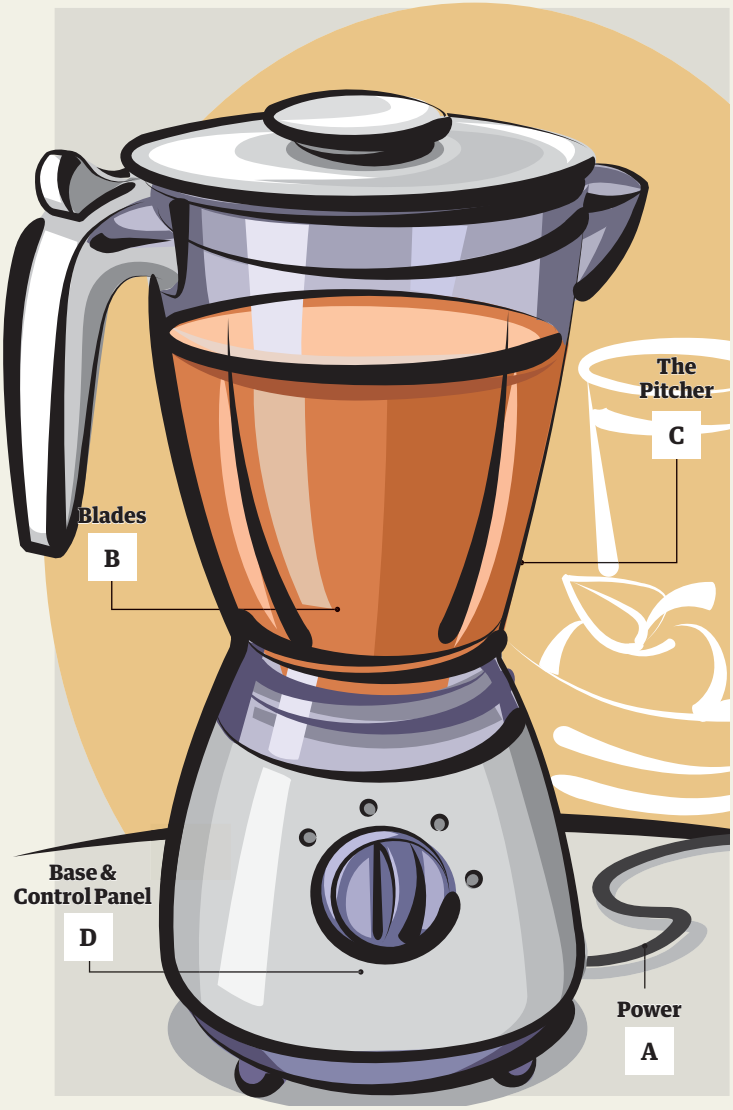
BRING THE SWAGGER
To pull off the King, you'd better be willing to curl your lip and swivel your pelvis in time to the beat. About two minutes in, drop to one knee and get meta: If you plead with the audience to love you, it'll happen.

ACE THE AIR GUITAR
An epic performance will require great vocal range. If you're going for a high-octane (and high-octave) song, try to distract the crowd from your deficiencies. Well-timed air guitar moves are sure to keep folks entertained.

Clockwise from top left: Rune Hellestad/Corbis, Lynn Goldsmith/Corbis, Stephane Cardinale/Corbis, LGI Stock/Corbis, Marcia Resnick/Corbis, Sunset Boulevard/Corbis; infographic by ARNO GHELFI

EDITED BY BEN PAYNTER

When shopping for your blender, make sure the base is compatible with a 16-ounce mason jar. Most blenders allow the lip of the jar to screw into the unit's base. So if you want to mix something lightly—salad dressing, say—you can toss the stuff into the jar, twist on the blender base (turn it upside down), and swirl.



BUY Q

A Blender That Crushes It

Sure, that whirring, bladed gizmo sitting on your counter is great for whipping up protein shakes. And if that's the beginning and end of what you want to pour out of the pitcher, that trusty old machine from your college days is probably adequate. If, on the other hand, you'd like to slice, churn, pulverize, and puree your way to smooth smoothies, frosty margaritas, and even almond butter, retire that relic. Follow our advice, and your new blender will revolutionize the way you eat. —MATT McCUE

A

More power provides huge payoffs. Basic models start at about 300 watts. That's fine for milkshakes, but harder or denser ingredients will jam your unit, possibly burning up the motor, says *Top Chef* finalist Greg Gourdet, executive chef at Departure in Portland, Oregon. To make sure you have the torque to spin through anything, look for a unit in the 700- to 1,500-watt range. "It will get you a smoother product faster," he says.

B

Any way you slice it, a blender is only as good as its blades. You want them to be set to at least two different heights so that no food will be missed, says Lisa McManus, executive editor of equipment testing at *America's Test Kitchen*. Now check the angles: The blade tips should reach within a quarter inch of the pitcher's wall. If the gap is too large, your ice or fruit will get stuck, leaving unblended pieces behind.

C

Take a look at the pitcher from the side. Is it V-shaped or U-shaped? If there's too much taper, your ingredients won't have enough room to drop down to the blades, McManus says. Also, a too-narrow pitcher may trap pieces of food. As for construction, copolyester and polycarbonate are great; they're more shatterproof than glass. Now feel the interior for raised measuring lines; these can catch food, making the vessel hard to wash.

D

Keep in mind, it's not a dumbbell. "It doesn't need to be heavier than 10 pounds," says Gourdet. The key: The base should flare out at least as wide as the top of the pitcher to counterbalance any wobbling as ingredients shift around. In terms of settings, any blender with low, medium, and high is fine, says McManus. Switch speeds as the mixture refines. Of course, you also want a "pulse" button for salsa; your creations will be nicely chunky.

THREE PRODUCT OPTIONS VITAMIX PROFESSIONAL SERIES 200, $479; **KITCHENAID 5-SPEED CLASSIC BLENDER**, $130; **BREVILLE HEMISPHERE CONTROL**, $200

BODY BENCHMARK

Do You Have What It Takes to Be a Memory Master?

Nelson Dellis has won the USA Memory Championships four times since 2011, a feat that requires one hell of a ripped hippocampus. Want to enter the March 2016 competition? Better start brain training now. Memorising massive sequences of names, numbers, and playing cards involves harnessing some pretty mind-numbingly complicated mnemonic devices. But you can learn the same tricks the pros use from Dellis's own tutorials at climbformemory.com. Compare your scores to the averages shown below, which were set by the 2015 finalists in three popular categories. That's what you call an unforgettable feat. —LAUREN DEL TURCO

104
Number of name-to-photo matches recalled after 15 minutes of review

216
Number of digits on grid memorized in order after five minutes of review

1:24
Time (min:sec) to recall a full shuffled card deck, in order, after five minutes of review



Mary Evans/Mirage Entertainment/Everett Collection

ILLUSTRATIONS BY DANIEL DOWNEY

While you can't speed up time in the drive-thru line, you can make it feel as if it's passing faster by distracting yourself, says Teck-Hua Ho, Ph.D., a professor of marketing at UC Berkeley. Your best bet: Play a game. Try the Sky Burger app; it's free, and it's really the only way you can win with fast food.

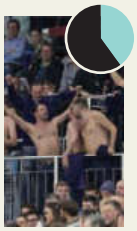


QUICK CLICK



"Repeatedly delaying the moment when you finally roll out of bed can seriously mess with the quality of your sleep and set you up for an especially groggy day."
—W. CHRISTOPHER WINTER, M.D., PRESIDENT OF CHARLOTTESVILLE NEUROLOGY AND SLEEP MEDICINE.

MONTHLY METRICS



Women Whoop

39% of fans at a typical NFL game are women. So if you're planning to go shirtless with your belly covered in paint, you might want to start doing crunches now.



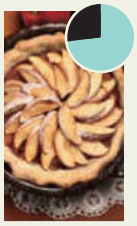
Fading memory

50% New research rin mid 2015 suggests that more than half -- 28 million -- of U.S. Baby Boomers will have developed Alzheimer's disease by 2050.



Breaking bad

Diet drinks and sugar top the list of things many try to avoid in their diets, according to a study conducted by US firm Gallup. Healthy eaters added more fruit and veg.



Bakers Balk

73% of Americans say apple pie isn't their favorite kind. How un-American! Show your kids that apples grow on trees, not in stores. Visit pickyourown.org.

Sources: Sports Business Research Network, NCI, AAA, Business Wire

From top: BlueSkyImage/Shutterstock, Tim Mantoani/Masterfile, Mediablitzimages/Fotolia, Masterfile, Laura Johansen/Getty Images

WHAT'S YOUR PLAY?

There's a Line at the Fast-Food Drive-Thru

A lot of things can reduce a guy to buying fast food—cost, convenience, a craving for ridiculous amounts of fat and sodium. But none of that matters if it isn't also *fast*. Which is why pulling into a busy Burger King or a chock-full Chick-fil-A presents men with a dilemma: Take the drive-thru, or park and head inside?

The short answer: If you see three or more cars lined up for the window, it's probably better to go into the establishment, says Greg Bigwood, Ph.D., a computer scientist who has mapped the problem at AetherWorks, a software firm in New York City. "The most convenient-looking option isn't necessarily the fastest," he explains. "If too many people are ahead of you at the drive-thru, you're screwed."

Bigwood's calculations are based on "queuing theory," which, for diners without Ph.D.'s, means identifying the path of least resistance. In an ideal fast-food world, where no one's in front of you inside the restaurant or at the drive-thru, the latter will be quicker; you don't have to park and walk inside.

But that changes in crowded conditions. It doesn't matter if three cars are waiting for the window—the worker can still help only one customer at a time. And you can never predict when someone in the car ahead will want to have it their way or pay with pennies. By contrast, the counter inside will often have at least three "paths" open.

The numbers Bigwood crunched suggest that when only one or two cars are ahead of you, the wait will be about three minutes to get that greasy bag in your greedy hands. That's roughly 30 seconds faster than the time it would take to duck in and out. If the line ahead is three to five deep, you'll be faced with about six minutes. Staring at six sets of brake lights? That's eight minutes in traffic before you'll get your grub.

There is, however, one instance when this theory should be tossed out the drive-thru window: if there's just one vehicle in front of you—and it's a loaded minivan. —SHARA TONN

CLOCKING THE RESTAURANTS
Here's how drive-thru times vary by chain, according to the industry publication *QSR*.

WENDY'S	134 SECONDS
TACO BELL	158 SECONDS
McDONALD'S	189 SECONDS
BURGER KING	198 SECONDS
CHICK-FIL-A	204 SECONDS

1 Ultimate Sloppy Joes
Our foolproof guide to the tastiest beef treats. (p34)

2 Light weight, heavy gains
Dust off those 10lb dumbbells, it's time to get big. (p37)

3 Pushup Power Plan
Get a total body workout with this classic exercise. (p40)

4 Pizza for muscle
How to transform your pie into muscle food. (p46)

Men'sHealth MIDDLE EAST

ADVANTAGE

YOUR EDGE – IN EVERYTHING







1

Befriend a Butcher

Ground beef is fine. But beef short ribs are better, says Derby. "They add a texture that offsets the softness of the bun—almost like pulled pork." Start with 2½ pounds of bone-in short ribs, enough for about 14 joes. And remember: Marbled meat provides maximum flavour.

2

Sizzle the Meat

Season the beef with salt and pepper. In a Dutch oven or large, heavy-bottomed pot, heat 1 Tbsp vegetable oil on medium high. When the oil is hot, add the beef, working in batches if necessary, and brown on all sides, 2 to 3 minutes per side. Transfer the seared meat to a paper-towel-lined plate. Preheat the oven to 325°F.

QUICK TIP: PICK UP ALL THE PIECES

Before adding the spices, scrape up the bits of browned meat sticking to the pot. They'll add deep, savoury flavour to the joes.



3

Lay a Flavour Foundation

Think of sloppy joes as chili: They should be earthy but also bright and spicy—not palate-scorching. For the best flavour, you'll need heat, sweet, spice, and smoke. So in the vessel you used to cook the beef, add 2 thinly sliced medium Spanish onions and 5 minced garlic cloves. Cook, stirring occasionally, until the onions are translucent, 3 to 5 minutes. Add 1½ Tbsp smoked paprika, 1½ tsp chili powder, and ½ tsp each of cumin and coriander. Cook, stirring, until fragrant, 1 to 2 minutes. Add 1 cup of tomato paste and stir until slightly browned, 2 to 3 minutes.

Food styling: Brett Kurzweil/Art Department

SUPERIOR SIDE: STIR UP A SLAW

As the meat cooks, whip up some coleslaw. Combine 1 head shredded cabbage, 1 cup mayo, ½ cup whole grain mustard, 2 Tbsp Dijon, 1½ Tbsp cider vinegar, and 1 Tbsp each of sugar, salt, pepper, and celery seed; toss. Let the slaw rest 30 minutes. *Makes 9 cups*



4

Leverage Liquid

Slow, moist heat helps break down connective tissues, resulting in supremely tender beef. And a tangy base infuses the ribs with even more flavour. Add the following to the pot: ½ cup Coca-Cola (for sweetness), ½ cup ketchup (for tanginess and a hint of acidity), and ¼ cup soy sauce (for that salty, savory quality). Cook till thickened, 3 to 4 minutes, and then add the beef back to the pot, followed by 2 cups of chicken stock. Bring the mixture to a simmer, put a lid on the pot, and transfer it all to the oven. Cook until the meat falls off the bone, about 3 hours.





5

Start Shredding

Using tongs, transfer your short ribs to a cutting board. Shred the meat with two forks and throw away the bones. Then skim and discard any fat from the cooking liquid. Add the meat back to the pot and simmer until the mixture thickens, about 10 minutes. Season with salt and pepper to taste.

6

Serve the Slop

Derby's sloppy joe buns of choice are Martin's potato rolls. For extra chew, toast the buns open-faced on a sheet pan under a grill for about a minute, or until golden brown. Then scoop ½ cup of the meat mixture onto each bun. Serve with coleslaw. And hey, grab yourself a drink. You deserve one.

THE MH FAST FOODIE™

THESE FOUR SPEEDY SALADS WILL HELP YOU LOAD UP ON VEGETABLES.

Caprese with Balls In a small bowl, combine a pint of cherry tomatoes with a handful of fresh mozzarella pearls and thinly sliced basil leaves. Drizzle with olive oil and balsamic vinegar. Season with smoked sea salt and freshly ground pepper. Serve with grilled chicken or steak.

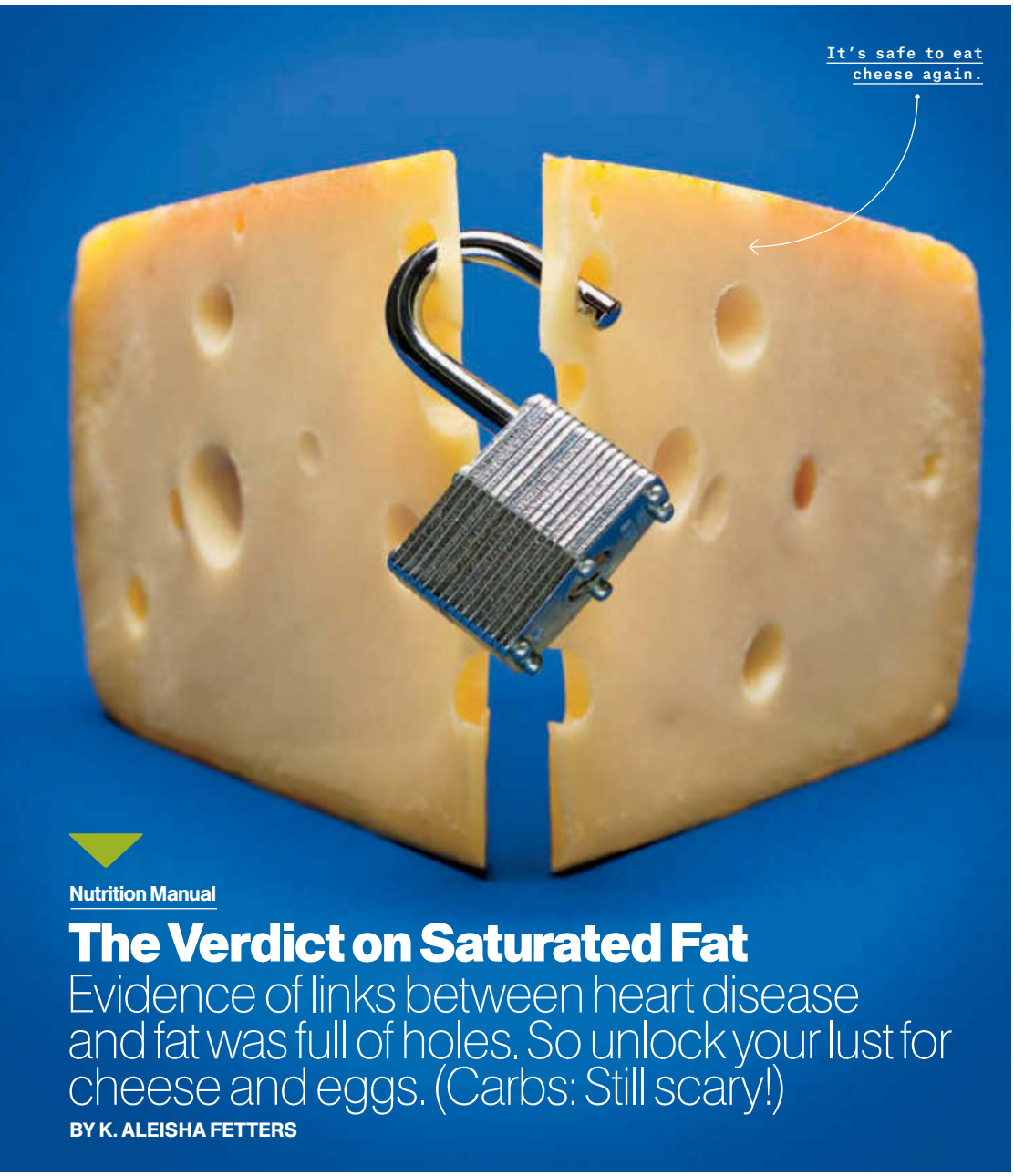
Salty-Sweet Citrus Salad Thinly slice an orange and a small fennel bulb. Alternate the slices on a serving plate and throw on two handfuls of chopped green olives and some finely chopped red onion. Drizzle with olive oil and season with salt and pepper. Top with fennel fronds, if you want to be fancy.

Cool Cukes Cut a peeled cucumber into coins; toss them with a thinly sliced sweet onion, a handful of chopped dill, and a splash of white wine vinegar. Add sour cream, salt, and pepper. Eat it as is, or if you have a little extra time, chill the salad and serve it cold.

Jicama Mango Salad Peel a big, semiripe mango and a small jicama bulb; cut them into matchsticks. Mix them with the juice of half a lime, a blast of ground cayenne, and salt and pepper. Garnish with cilantro and chopped peanuts. Try the salad on grilled fish or shrimp. It'll even work with tacos.

Salty-Sweet Citrus Salad





Nutrition Manual

The Verdict on Saturated Fat

Evidence of links between heart disease and fat was full of holes. So unlock your lust for cheese and eggs. (Carbs: Still scary!)

BY K. ALEISHA FETTERS

Get to Know Fat and Butter Better

Fat gives beef, eggs, and cheese their luscious texture and flavour. Like all fats, the saturated kind contains 9 calories per gram. But unlike unsaturated, these fats also contain tightly packed (or "saturated") carbon chains, which help them retain their structure at room temp. That's why sat fat-rich butter sits solid on the counter while olive oil, which is high in monounsaturated fat, does not.

Identify the Real Troublemakers

Saturated fat has a long history of being linked to heart disease. "Most of the data that is used to convict saturated fat is actually associated with excess calories from high-carb diets," says Donald Layman, Ph.D., a professor emeritus of human nutrition at the University of Illinois. "Replacing carbohydrates in your diet with saturated fat usually reduces blood pressure and cholesterol."

Repeat: "Natural is the Future"

Look for grass-fed organic beef, pasture-raised chicken, and free-range eggs. Grass-fed beef contains higher levels of heart-healthy omega-3 fatty acids than the grain-fed variety, according to Texas A&M University research. And eggs from pasture-raised chickens pack more omega-3s than those from their cooped-up counterparts, according to nutritional analysis from Penn State.



CHAIN REACTIONS

THREE TYPES OF FATTY ACIDS, AND HOW YOUR BODY EMPLOYS TWO TO MAKE YOU AWESOME.

SHORT-CHAIN
These fatty acids provide energy for digestion and may protect colon cells from inflammation, according to a 2014 *Advances in Immunology* study. Your body produces them when fibre ferments in your colon, which sounds disgusting. The good news: Dairy is another rich source. So shop the coolers for milk, butter, yogurt, and cheese.

MEDIUM-CHAIN
When you consume medium-chain fatty acids, your body sends them to your liver for processing. There they produce compounds called ketones, which help tell your appetite when to quit, Layman says. So yes, fat can fill you up. The medium-chain fatty acid you eat most often is lauric acid; it's in butter, milk, and cheese, but palm oil and coconut oil are the richest sources.

LONG-CHAIN
The most common form of saturated fat is palmitic acid. Too much in your body's tissues can signal poor heart health, which happens when your body stores excess carbs as fat. However, cooking with palm oil or lard won't necessarily affect tissue levels, says Dariush Mozaffarian, M.D., dean of the School of Nutrition Science and Policy at Tufts University.

Illustration by EVAN OTO/SCIENCE SOURCE (top right)

PHOTO-ILLUSTRATION BY KEVIN VAN AELST

Feel the Burn with 10-Pound Dumbbells

Build more muscle by lifting less.

BY TREVOR THIEME, C.S.C.S.

THE LAST TIME YOU TOUCHED 10-pound dumbbells was probably while searching for shoes under your wife's side of the bed. After all, light weights are for women and injury rehab, right? Serena says: "Wrong, dumbass!" Working both ends of the dumbbell rack hits a broader spectrum of muscle fibres and challenges your muscles in ways that using heavier weights alone can't. "You'll increase your strength, power, and mobility," says *MH* fitness director BJ Gaddour. Weave these 10 exercises into your workouts to see for yourself.



1/ Increase Mobility

OVERHEAD SQUAT

Stand with your feet shoulder-width apart and hold a pair of dumbbells above your shoulders, palms forward. Lower your body until your thighs are parallel to the floor. Drive through your heels to return to the starting position. Do 5 sets of 10 reps.



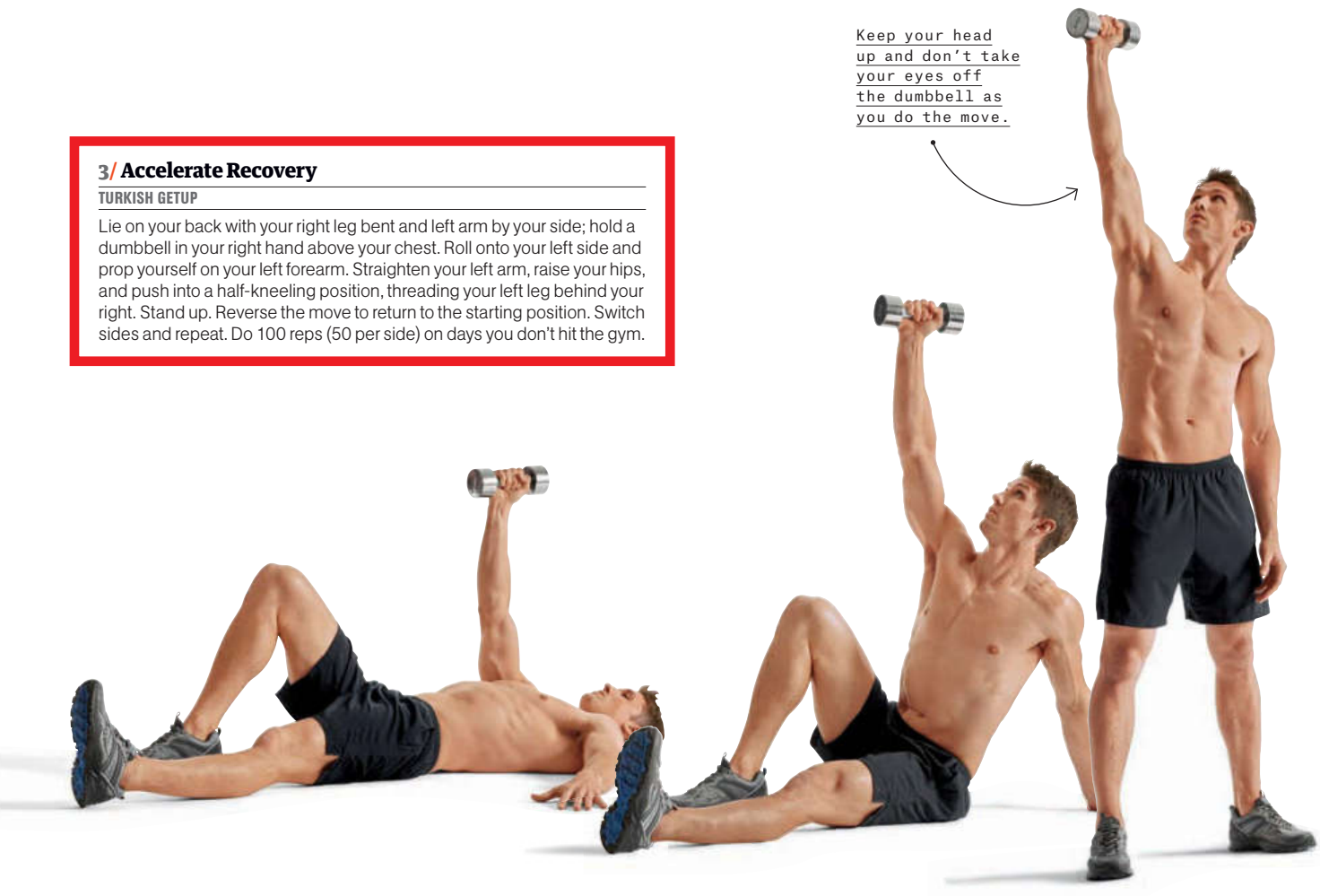
2/ Enhance Balance

CRAB TO TOE TOUCH

Assume a crab-walk position, holding a dumbbell in your left hand in front of your shoulder. Raise your right leg and reach for your toes with the dumbbell. Return to the starting position. Do 10 reps, switch arms and legs, and repeat. That's 1 set; do 3.

Prop styling: Sarah Guido/Halley Resources

PHOTOGRAPH BY TRAVIS RATHBONE

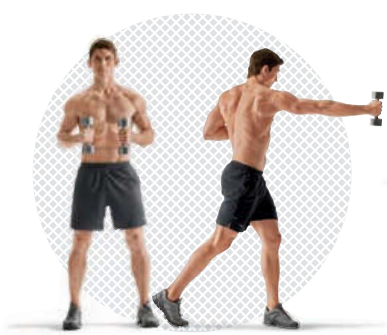


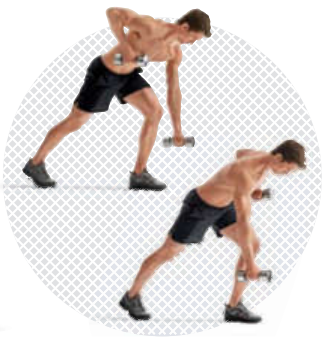
3/ Accelerate Recovery

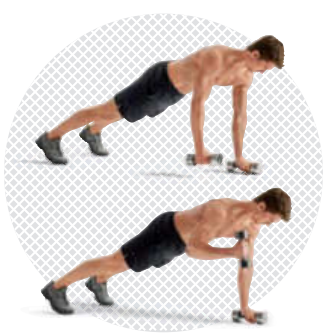
TURKISH GETUP

Lie on your back with your right leg bent and left arm by your side; hold a dumbbell in your right hand above your chest. Roll onto your left side and prop yourself on your left forearm. Straighten your left arm, raise your hips, and push into a half-kneeling position, threading your left leg behind your right. Stand up. Reverse the move to return to the starting position. Switch sides and repeat. Do 100 reps (50 per side) on days you don't hit the gym.









4/ Build Explosiveness

DUMBBELL DISCUS

With a dumbbell in your right hand, stand with your feet slightly beyond shoulder width. Turn right by pivoting on your left foot; bend your knees and lower your body as you reach back with your right arm and down with your left. (Imagine you're winding up to hurl a discus.) Pivot left, swinging your right arm up and left arm back. Repeat for 20 seconds; rest 10 seconds. Switch hands and repeat in the other direction. Continue 4 minutes.

5/ Gain Speed

ROTATIONAL PUNCHES

Stand tall with your feet slightly beyond shoulder-width apart. Hold a dumbbell in each hand in front of your ribs, palms facing each other. Twist your torso to the left by pivoting on your right foot, and punch straight out from your shoulder with the dumbbell in your right hand. Now pivot right, punching explosively with the dumbbell in your left hand. Continue alternating sides for 30 seconds; then rest for 30 seconds. Do this 5 times total.

6/ Boost Metabolism

SEESAW ROW

Stand holding a pair of dumbbells at arm's length next to your sides. Take a step forward with your left foot, bend your knees, and hinge forward slightly. Row the dumbbell in your right hand to your right side, and then lower it as you row the weight in your left hand to your left side. Continue alternating sides as fast as you can for 20 seconds, and then rest for 10 seconds. Switch legs and repeat. Continue for 4 minutes.

7/ Develop Stamina

PUSHUP-POSITION CURL

Grab a pair of dumbbells and assume a pushup position with your palms facing each other. Spread your feet slightly. Your body should form a straight line from your head to your ankles. Now lift the dumbbell in your right hand off the floor slightly, and curl it toward your right shoulder. (Try not to move your upper arm.) Lower it, and repeat with your left arm. Continue alternating right and left curls for 30 to 60 seconds.

Photographs by BETH BISCHOFF; grooming: Laura Shelley/Dr. Hauschka/Exclusive Artists Management

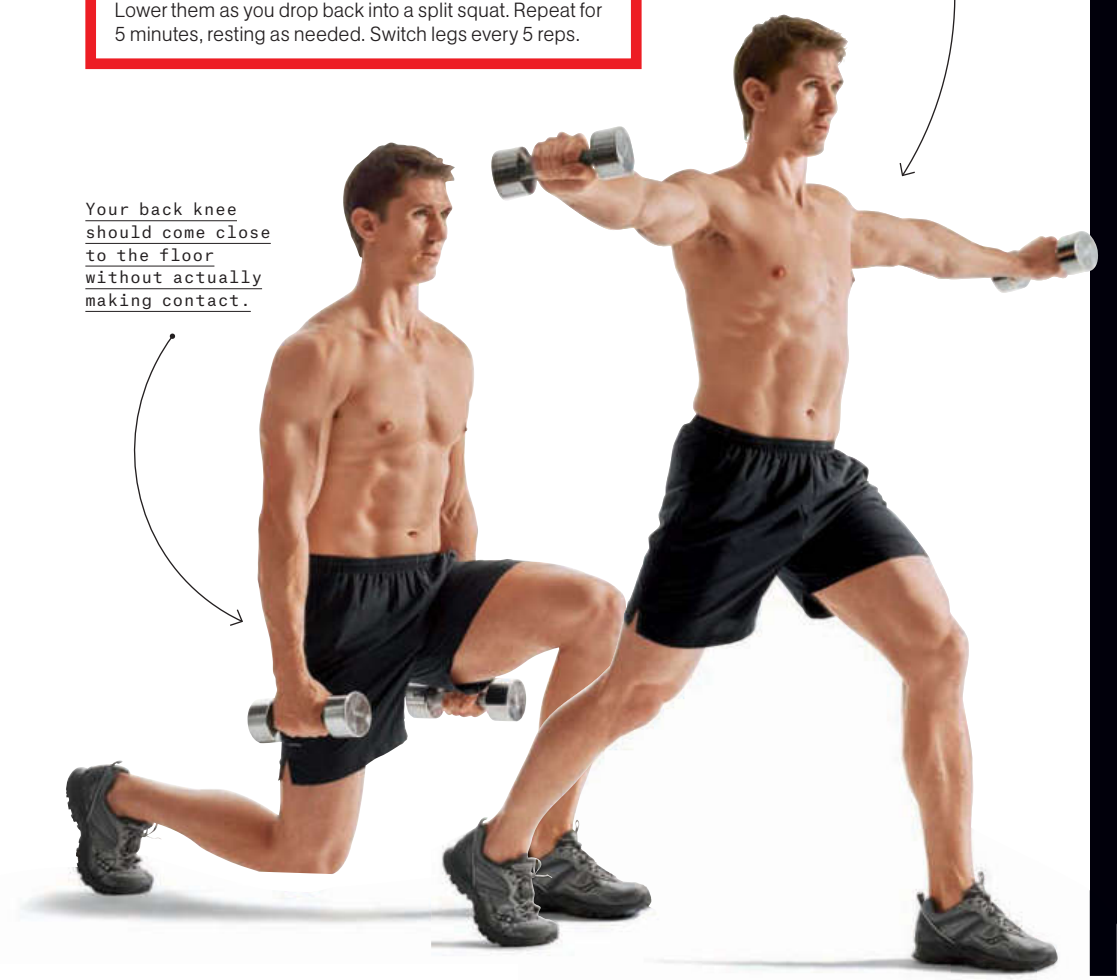
Lift the weights to shoulder level and keep your torso upright for the entire move.

8/ Torch Fat

SPLIT-SQUAT SHOULDER RAISE

Hold a pair of dumbbells by your sides, palms in, and assume a staggered stance, left foot forward. Lower your body until your left thigh is parallel to the floor. Pause, and push back up as you raise the dumbbells out to your sides. Lower them as you drop back into a split squat. Repeat for 5 minutes, resting as needed. Switch legs every 5 reps.

Your back knee should come close to the floor without actually making contact.

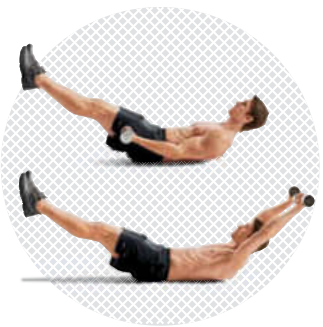




9/ Increase Strength

DUMBBELL PISTOL SQUAT

Hold a pair of dumbbells by your sides and raise your left foot off the floor. Keeping your leg raised, lower your body into a squat, lifting the dumbbells in front of you. Return to the starting position. If that's too hard, squat onto a bench. Do 3 sets of 10 reps.



10/ Build Stability

SIX-PACK SWEEPER

Lie on your back with your feet together and a dumbbell in each hand next to your thighs, palms up. Raise your legs and upper body off the floor. Sweep your arms above your head in an arc, and then back to your sides. That's 1 rep; do 3 sets of 10 to 20 reps.



INSIDER TRAINING

By David Jack

Illustration by JIM WINTERS

I'm starting to notice love handles. What's the quickest way to lose them?

KEVIN, NASHVILLE, TN

The first step is always the hardest: Cut back on your calorie intake. Start with refined-flour foods, cookies, packaged snacks, sugar-sweetened sodas, and other quick-digesting "high glycemic" choices that are easy to overconsume passively. Also amp up your lean protein intake to help control hunger and maintain lean body mass as you shed body fat. As for workouts, combine longer, less-intense cardio, such as jogging, hiking, or cycling (45 to 60 minutes twice a week) with tougher interval and strength training (3 days a week) for 6 to 8 weeks. That mix will help you burn through fat stores, including the ones above your hips.

How serious is feeling pain directly below my knee?

ROGER, PHOENIX, AZ

Consult your doctor, but it sounds as if you have an inflammatory condition called patellar tendinitis, also known as jumper's knee. If you play basketball or soccer, that's probably the cause, so warm the bench for a week or two until the pain goes away. If you're a lifter, lay off jumping, lunging, and squatting for a month. During that time, strengthen your hamstrings (3 sets of 15 single-leg deadlifts and hamstring curls twice a week should do the trick), and foam-roll your quads and hip flexors for 5 minutes a day. When you start to do squats and lunges again, lower your hips below your knees; having them higher stresses the joints and connective tissue.

David Jack is a *Men's Health* fitness advisor and the owner of ActivLab in Phoenix. Follow him on Twitter: @davidjack1

EXERCISES CONTRIBUTED BY BJ GADDOUR, DAVID JACK, AND ROB MacDONALD.

Your Pushup Power Plan

Transform a classic exercise into a total-body muscle builder with this complete guide to the most important move for men.

BY BEN COURT



1

Use the Pushup to Test Your Strength and Power

Performing 50 pushups in a minute is a classic fitness benchmark. "But you rarely see guys do even 1 rep with perfect form," says Rob Shaul, C.S.C.S., founder of the training facility Strong Swift Durable. "So whenever a guy tells me he can do 50 in a minute, I tell him to do it with the dead-stop pushup, where you lower yourself to the ground and lift your hands." That pause eliminates help from the stretch reflex—the tendency of a muscle to spring back to a shortened state when stretched—and forces you to move through a full range of motion. The result? No cheating. "It's a true test of strength," says Shaul. Read on to test yours, and then follow Shaul's plan to increase it.

Dead-Stop Pushup Test

Assume a pushup position with your feet together, your body straight, and your hands below but slightly wider than your shoulders, as shown above. Lower your body to the floor. Lift your hands off the floor, pause, and then place them back on the floor and push up explosively. Do as many as you can in 60 seconds. Twenty is average; 30 is exceptional.

Boost Your Strength

Add the dead-stop pushup to three of your weekly workouts. Do 5 sets, using the chart below to guide your reps. Retest yourself after 4 weeks. Repeat the 4-week cycle until you

WEEK 1	40% OF YOUR TEST NUMBER
WEEK 2	40% OF YOUR TEST NUMBER
WEEK 3	50% OF YOUR TEST NUMBER
WEEK 4	60% OF YOUR TEST NUMBER

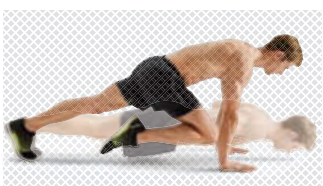
PYRAMID PUSHUPS



1/ Single-Leg Perform a pushup, but elevate one leg instead of keeping both feet on the floor.



2/ Dive Bomb Start with your hips up; then pull your body forward, lower your hips, and straighten your arms.



3/ Knee-to-Chest As you press up, bring a knee toward your chest. Alternate knees with each rep.



4/ Clapping Do a pushup, but press up with enough force to launch off the floor and clap.

Grooming: Laura Shelley/D1; Hauschka/Exclusive Artists Management



BRACE
Increasing core tension boosts stability all over. Imagine someone is about to punch you in the gut.

STRAIGHTEN
Keeping your arms straight so your hands align with your shoulders reduces stress on those critical joints.

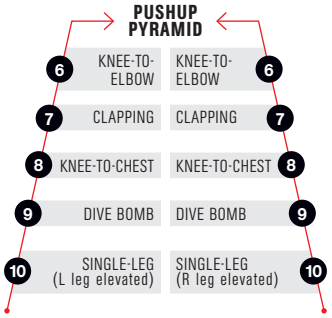
TWIST
Driving your palms down and screwing them outward into the floor increases stability through your shoulders, neck, and upper back. Stability equals power.

2

Transform the Pushup into a Total-Body Workout

If you see the pushup as only an exercise, you're not realising its full potential. "By combining different variations, you create a workout you can do anywhere," says Martin Rooney, C.S.C.S., founder of Training for Warriors. See for yourself with his pushup pyramid.

DIRECTIONS Start at the base of the pyramid on the bottom left. As you work your way up one side and down the other, perform the number of reps indicated in the black circle for each exercise. (See the descriptions below.) Rest as needed according to your fitness level.
BEGINNER/ Between each exercise.
INTERMEDIATE/ At the top (between sets of knee-to-elbow pushups).
ADVANCED/ At the end. Repeat.



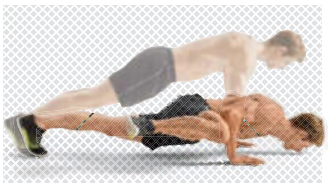


THE SINGLE-ARM PUSHUP CHALLENGE

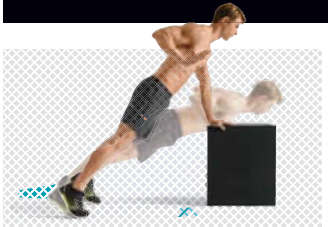
Blame Rocky Balboa for making the single-arm pushup the benchmark that separates chumps from champs in the gym. "It's a high-skill, high-strength pinnacle exercise," says Mike Fitch, C.S.C.S., of Global Bodyweight Training. "The move ensures that both of your arms are equally strong, and activates your core more than a standard pushup does, forcing it to work harder to stabilize your body."

CONQUER IT Twice a week, do the exercises in the single-arm pushup progression below as a circuit, moving from one to the next with 60 seconds of rest after each move. Do 3 circuits. Each week, do the elevated single-arm pushup slightly lower (so you might progress from a high box to a bench to an aerobic step) until you can do 5 reps on the floor with perfect form.

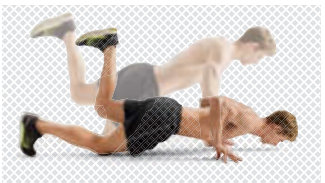
SINGLE-ARM PUSHUP PROGRESSION



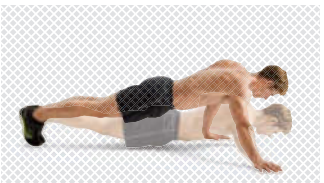
5/ Knee-to-Elbow Do a pushup, but touch your knee to your elbow at the bottom. Alternate sides each rep.



1/ Elevated Single-Arm Spread your feet. Put one hand on a bar or tall box. Do 1 to 5 reps, switch arms, repeat.



2/ Skydive Lift your left leg. Put your left palm, right fingers, and right knee on the floor. Do 5 reps, switch sides, repeat.



3/ Archer Move one hand farther out to the side than the other. Do 10 reps, switch arms, repeat.

Illustration by DUSTIN WALLACE

EXERCISES CONTRIBUTED BY BJ GADDOUR, DAVID JACK, AND ROB MacDONALD.

Solve the Calorie Equation

You can count calories all you want. Until you know these 6 key facts, they won't add up.

BY CLINT CARTER



A 300-CALORIE DOUGHNUT IS NOT the same as a 300-calorie chicken thigh. But you knew that, right? Of course you did. Doughnuts spike blood sugar and leave you hungry, while chicken provides tons of muscle-building, hunger-fighting protein. Yet outside of fitness magazines and CrossFit boxes, nutrition conversations rarely go deeper than calories. Calories are posted on restaurant menus and stamped on packaged foods. They're ticking away on fitness trackers and adding up in smartphone apps. They're like the Kardashians of nutrition—confusing and overrated, yet completely inescapable. And every time you see them, you're probably being fed misinformation.

Take nutrition labels: When it comes to calories, those labels can be misleading. Why? Because they presume all calories are the same. In fact, your body handles calories differently depending on their source. As for exercise and lifestyle, studies show that fitness trackers don't always count calories correctly, that the gym may not be the best place to burn them, and that those late nights at the office (and lack of sleep afterward) can pad your waist more than your wallet.

We'd bet there's at least six things you don't know about calories—and that lack of knowledge could be weighing you down. It's time to make the math less fuzzy.



1/ Your Fitness Tracker Has a Counting Problem

In a 2014 study from Iowa State University, scientists asked 60 people to strap on one of eight different fitness trackers and then complete an hourlong workout. Afterward, they compared each tracker's results to the participant's total oxygen consumption—a trusted measure of calorie burn. The verdict? Every tracker they tested was off by 9 to 23 percent.

USE YOUR PHONE Researchers at the University of Pennsylvania found that apps like Moves and Health Mate showed less variability than wearable devices when tallying step counts, which is what most calorie estimators use to calculate how much you burn.



2/ "Nutrition Facts" Labels Are Far from Accurate

The calorie stats on packaged foods are based on a 100-year-old formula and can be up to 25 percent off, says Rachel Carmody, Ph.D., a postdoctoral fellow at Harvard. The true caloric content of a food may be lower than what's on its label, thanks to its "thermic effect" (i.e., the energy required to digest it). How much lower depends on how your body works to process it.

EAT MORE PROTEIN Meats and vegetables make your metabolism burn hottest, delivering 20 to 30 percent fewer calories into your system than more-easily digested simple carbs like pasta and ice cream. Limit simple carbs to less than 10 percent of your total intake.



3/ Antibiotics Might Inflate Your Calorie Intake

We're not talking about what your doctor prescribes. We're referring to what you buy from the butcher. Preliminary research shows that the 32.6 million pounds of antibiotics given to livestock each year can skew the balance of bacteria in your gut, nurturing a microbiome that's more efficient at pulling calories from food and shuttling them into your body, says Carmody.

GO ORGANIC In addition to eating antibiotic-free meat, dairy, and fish, stock up on vegetables and whole grains. "A fibre-rich diet nurtures microbes that aren't as efficient at extracting energy," says Carmody. If you're trying to lose weight, that's a good thing.



4/ The Processing of Food Unlocks More Calories

You already know that a Twinkie is a caloric nightmare. But any kind of processing—including juicing, grinding, milling, and cooking—breaks food down, rupturing cell walls and reducing the energy required for digestion. "Not only does processing make it easier to extract calories, but also fewer of them are excreted," says Carmody. The result is more calories entering your body and staying there.

STOCK UP ON WHOLE FOODS More than 75 percent of the calories Americans eat are from moderately or highly processed foods. Only 23 percent come from whole or minimally processed foods. Your goal: Reverse the ratio. Focus on single-ingredient foods, like fish and fruit.



5/ You Can Burn More Calories Outside the Gym

If you're a 180-pound guy, your vigorous 30-minute strength workout will burn about 245 calories. That's good—but it's still only a fraction of what you burn each day through nonexercise activity thermogenesis. Indeed, the cumulative calorie burn of everyday pursuits like brushing your teeth and playing pool after work with your pals is far greater than anything you can hope to achieve in the gym.

STOP SITTING AROUND "You have the ability to increase your burn by as much as 1,000 calories a day by spending more time in motion," says James Levine, M.D., Ph.D., a professor of medicine at Mayo Clinic. Check out "Boost Your Burn" (right) for six ways to do just that.



6/ Skipping Sleep Makes You a Calorie Vacuum

In a University of Colorado study, people who were restricted to five hours of sleep a night consumed 6 percent more calories a day. That alone was enough to pack on 2 pounds over a five-day period. And according to study author Kenneth Wright, Ph.D., sleep-deprived people are also more likely to binge on carbs and high-calorie snacks after dinner—habits linked to weight gain.

HYPNOTISE YOURSELF When you hit the sack, imagine yourself nailing 50 free throws or repeatedly teeing off on your favourite par 3. "Visualisation reduces anxiety and lets your brain's sleep mechanism engage," says *Men's Health* sleep advisor W. Christopher Winter, M.D.

BOOST YOUR BURN

6 GYM-FREE WAYS TO TORCH NEARLY 700 MORE CALORIES EVERY DAY.

303
Biking to work for 40 minutes instead of driving for 20 minutes

+

82
Joining a 30-minute conference call by cell and walking instead of staying put at your desk

+

29
Delivering 15 messages in person rather than by email

+

70
Sacrificing a half hour of Internet surfing to walk the dog

+

123
Trading 45 minutes of TV watching to help tidy up the house

+

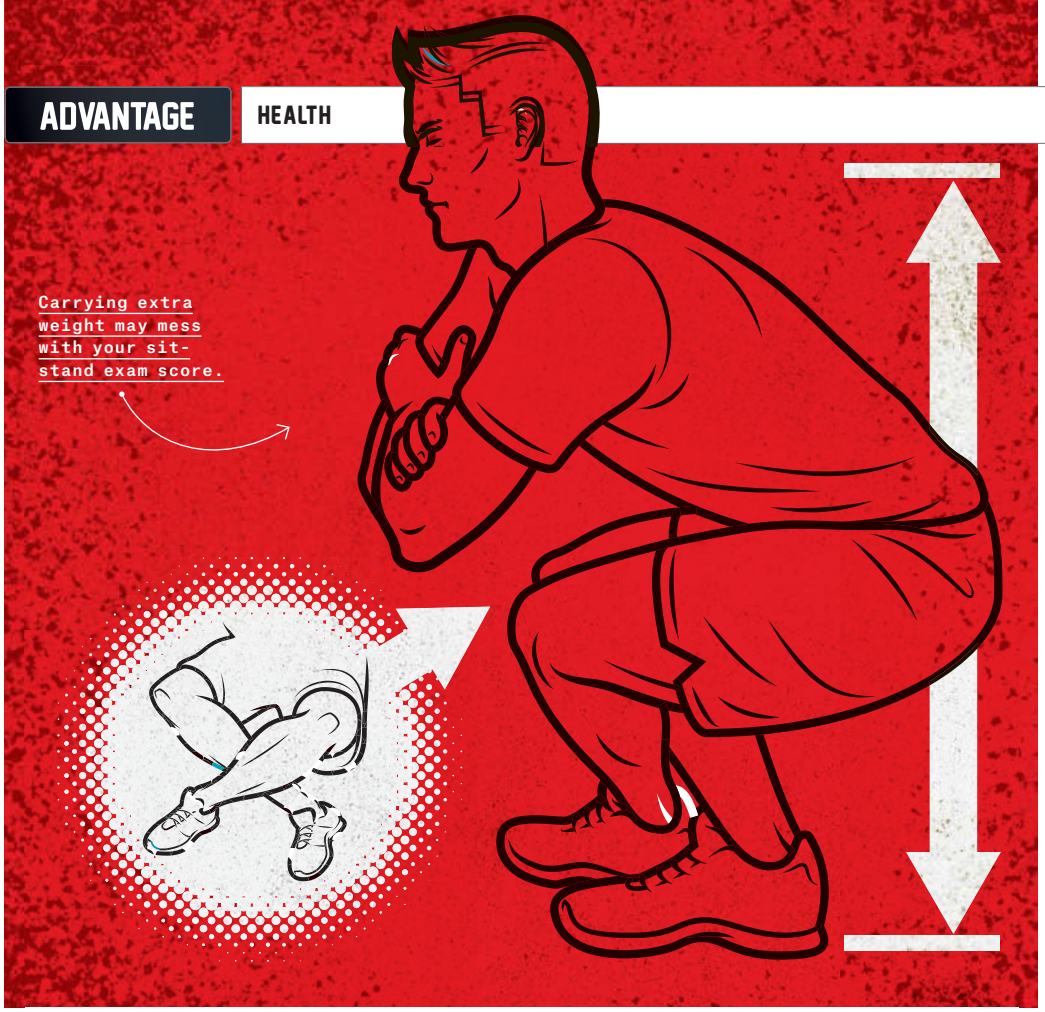
50
Extra activities with your wife for 20 minutes before going to bed

EXTRA CALORIES BURNED

657

Calculations are for a 180-pound man.

ILLUSTRATIONS BY JASON FORD



Save Your Life in One Minute

Just like your car, your body has its own diagnostic system. Find out what it's saying about your critical components to avoid a breakdown.

BY LAUREN DEL TURCO



1/ Heart Geometry Quiz

Diamonds trump heart disease. Bend each index finger in the form of an upside-down J; then press the nails together, viewing where they meet from the side. See a tiny diamond-shaped gap? If not, you may have "clubbing," a thickening of the fingertips possibly due to low blood O_2. This could signal heart disease or even lung trouble, says *MH* cardiology advisor Prediman Krishan Shah, M.D.

CHANGE YOUR GRADE

Have your heart and lungs checked to make sure they're not in immediate peril. Clear? Try high-intensity interval training. You'll improve your VO_2 max, which is the best way to get more oxygen-rich blood pumping through your arteries. In a Japanese study, men who did 13 minutes of HIIT five days a week for eight weeks improved their VO_2 max by over 22 percent.

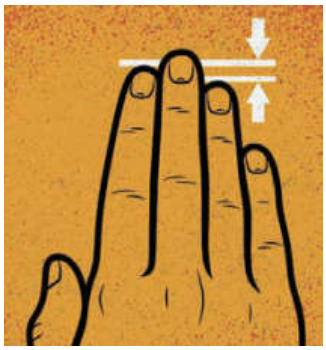


2/ Brain Balance Challenge

Act like a stork to spot stroke risk. Stand and lift one leg, keeping your knee bent and your eyes open. Watch the clock: If you can't hold the pose for 20 seconds, you may be at higher risk of stroke. Researchers in Japan recently found that difficulty balancing on one leg may signal that the small arteries in your heart have narrowed, which is linked to loss of motor coordination and cognitive decline.

CHANGE YOUR GRADE

Rein in high blood pressure; it's a major risk factor for small-vessel disease, says study author Yasuharu Tabara, Ph.D. Press a finger against your right nostril to close it, and then breathe in and out through the left nostril. Switch sides and repeat. Keep alternating for 15 minutes. In a study from India, people who did this averaged a 4½-point drop in systolic BP.



3/ Life Span Sit-Stand Exam

Stand with your ankles crossed and your arms in front of you. Sit on the floor. Stand up. You've just gauged your longevity, say scientists in Brazil. A perfect score is 10; deduct ½ point for each time you lost your balance, and 1 point for each knee or hand you used for support. In the six-year study, people who scored below 8 had death rates up to five times higher than those of people with better scores.

CHANGE YOUR GRADE

The sit-stand exam measures your musculoskeletal fitness, a critical indicator of aging, says study author Claudio Gil Araújo, M.D., Ph.D. So take up tai chi. Canadian researchers found that twice-a-week sessions can improve your overall musculoskeletal fitness after 16 weeks. And keep your weight in check, says Dr. Araújo. Extra flab can lead to a low score.

4/ Prostate Finger Check

There's no "rectal" in this digital exam. Compare the length of your right index finger with that of your right ring finger. Longer pointer? Your risk of developing prostate cancer may be a third lower than if your index were shorter, according to a *British Journal of Cancer* study. The length of these digits is possibly related to your exposure to testosterone in the womb, which can influence your future cancer risk.

CHANGE YOUR GRADE

Start a food fight. German scientists found that the prostate cancer risk of men who ate the most glucosinolate, a phytochemical in broccoli and brussels sprouts, was a third lower than that of men who ate the least. And since belly fat is also linked to prostate tumors, nosh on tree nuts. A handful a week may help shrink your gut, say Loma Linda University researchers.

ILLUSTRATIONS BY JAMES PROVOST



SITTING TALL
Soon, Conner hopes to be walking again.

The Comeback Club

How to Survive a 31-Foot Fall

One misstep had Mike Conner plummeting to his death. The biggest mystery? Why he's alive.

BEFORE I FELL, I SAW A FLASH OF LIGHT. THEN I CLOSED my eyes and hit the concrete floor 31 feet below.

It was April 2, 2013, and I was in the attic of a church with a couple of engineers. I'm a sales and service rep for fire sprinklers, and we were completing a system check for a new project. As I moved toward the catwalk, someone's flashlight suddenly beamed right in my face, and I instinctively stepped back—into nothing. I slammed into the concrete feet-first and felt my bones shattering all the way up my body. I was fully conscious as I lay there crumpled on the floor. When the paramedics arrived and cut off my pants, I could hear them gasp: The bones had ripped through my skin.

During my first 18 hours in the hospital, I underwent eight surgeries. I had broken my back, all my ribs, my right elbow, and almost every bone in my legs and feet. The doctors said I should've died—falling three storeys onto an unforgiving surface left me with injuries more commonly seen in victims of fatal car accidents.

Before the fall, I'd been an active guy. Even at 47, I could still dunk. I was a high school basketball ref, so four or five nights a week you'd find me running up and down the court. On the side, I'd hit the gym and do strength training. I even had simple exercises for my legs and ankles, like picking up marbles with my toes. Why am I telling you this? Because my doctors say the strength of my legs could be the reason I lived. Hell, it's the best theory they have so far.

I needed seven more surgeries to knit my body back together. And with a new knee on the way, I'm looking forward to walking. But being in a wheelchair hasn't stopped me from training to meet all the fitness benchmarks set by my recovery team. My new motto is "If you can move, you can exercise." —AS TOLD TO SHARA TONN

PHOTOGRAPH BY SAM COMEN

PREPARE FOR A CRASH LANDING

GRAB ON TO THESE TIPS TO HELP PREVENT A FALL FROM BEING FATAL.

TRAIN FOR TRAUMA

Major injuries trigger the production of lactic acid, too much of which can be toxic, says Andrew Dickinson, M.B.Ch.B., an emergency physician in the U.K. Dial up your cardio training now to make your body more tolerant of high lactic acid levels.

LEAD WITH YOUR FEET

If you hit your head or hurt your chest in a fall, your risk of dying doubles. Injure both, and it's more than tenfold. Try to go feet-first so your legs absorb the impact, says John Edwards, M.D., a physical rehab specialist based in California.

HIT THE BRAKES

For each second of uninterrupted falling, gravity increases your speed by 9.8 metres per second, says Dr. Edwards. Grab anything that might slow your momentum, such as a gutter or tree branches.

PLAY POSSUM

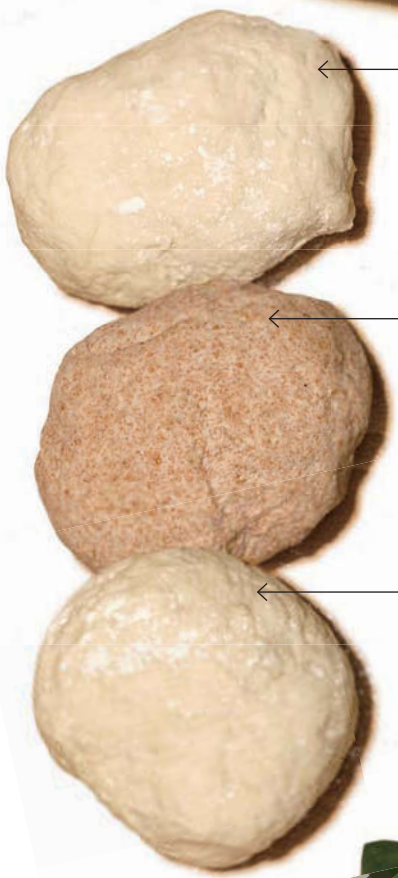
Any movement after you land could put pressure on your spinal cord and cause paralysis, says Lisa Cannada, M.D., an orthopedic traumatologist at Saint Louis University School of Medicine. Stay still; wait for the paramedics. —S.T.

THE HEALTH SNOB'S GUIDE TO PIZZA

You won't find any nutritional tread on your old greasy wheel, so it's time to give pizza a new spin. Raise your dough game and join the upper crust of gourmet health

01 DOUGH!

For now, you can stay your topping hand. Great pizza is all about that base, says James Elliot, co-founder of Pizza Pilgrims. Proper pizza should be thin and crispy with a chewy centre. "You know it's great if the slice droops," says Pizza East Portobello's head chef, Matt Luscombe. Keep it simple—good flour, yeast and salt is all it takes (recipes right). Knead into a bouncy dough, break it into balls and cover until they double in size. Refridgerate overnight, stretch into shape and add toppings. It's easy as pie.



i Gluten be gone

If you're not allergic, going gluten-free is unnecessary. "But if you're intolerant, cutting back can help," says nutritionist Ian Marber, who's coeliac. Gluten is what gives dough bounce, but adding chia seeds to gluten-free dough puts a spring in its step and adds healthy fats that take a knife to your blood pressure.

ii Whole in one

White flour is a nutritional no show, but wholemeal is higher in fibre, preventing post-feed sugar slumps, and a spectrum of B vits to unlock energy. "Fat and protein slow carb absorption," says Marber, so don't be too afraid to get decadent with your meat and cheese toppings. We're not saying they're not bad; they're just not that bad.

iii Double o heaven

Top-notch Italian pizzas use finely ground Caputo '00' flour, which is higher in gluten, making it smooth and elastic. Long kneading (from 10-20min) delivers even better results, says Elliot. Prep a day early: slow fermentation yields a moist crust and curbs blood sugar spikes.

02 Knead to know

Once your dough is prepped, it needs to be cooked quickly – as in, less than three minutes (apologies, Dr Oetker) to give you a charred crust without drying out. Pro wood-fired ovens reach temperatures of 500°C, but your best bet is a Chadwick (AED2200/ $600, chadwickoven.com), which sits on your hob and has a stone base to distribute scalding heat. "It will help you get those oh-so-important burnt bubbles on the crust for extra taste," says Luscombe. Whichever base you opt for, there's no room for demurral with the sauce. With fresh tomatoes, it'll supply everything from bone-strengthening vitamin K to vitamins C and E for heart health. Invest in a French hand-cranked sieve for the perfect texture and taste, without decimating nutrients. Then just add salt, oregano and olive oil.



WORDS: TOM BANHAM | PHOTOGRAPHY: DAN MATTHEWS | FOOD STYLIST: VAL MCARTHUR



03

Slice as nice

Despite what offers at your delivery joint might suggest, less is more. "Choose quality toppings and use sparingly," says Elliot. Complementary flavours work better than the 'anything anywhere' approach. And avoid the low-fat cheese trap, says Marber: "It's likely to be higher in sugars." Tear fresh mozzarella into chunks but add it halfway through cooking. Why? "Its high milk content leads to leakages – and soggy pizza," says Luscombe. Now, the menu...

See your heat rise

INGREDIENTS
- Gluten-free flour, 1.2kg
- Water, 1 pint
- Yeast, 8tsp
- Salt, 4tsp
- Olive oil, 125ml
- Chia seeds, 2½tbsp
- Avocado, ½
- Chilli, sliced

METHOD
Each recipe makes a batch of dough. Freeze what you don't need. The avocado here adds good dietary fats, while chilli brings the heat and a little punch. Just wash your hands after.

Good night wholemeal

INGREDIENTS
- Wholemeal flour, 840g
- Water, 1 pint
- Yeast, 2tsp
- Salt, 1tbsp
- Honey, 4tbsp
- Turkey, sliced
- Pine nuts, handful
- Goat's cheese

METHOD
Protein-packed goat's cheese lets you drop that pre-bed shake. Fibre in the pie's base prevents sleep-killing blood sugar spikes and tryptophan in the fowl and pine nuts lifts hormones that steer you straight to nod.

Pan your cancer risk

INGREDIENTS
- Plain flour, 1.75kg
- Water, 1 pint
- Yeast, 2tsp
- Salt, 1tbsp
- Spicy sausage, sliced thinly
- Broccoli, florets handful
- Mozzarella, ½ ball

METHOD
"Use a high-protein flour here for texture," says Homeslice's head chef Ry Jessup. This one's done when the broccoli fronds are charred but still have bite. The veg's sulforaphane is a top cancer fighter, FYI.

Sourdough, sweet abs

INGREDIENTS
- 00 flour, 1kg
- Water, 1 pint
- Yeast, 2tsp
- Salt, 2tbsp
- Mozzarella, ½ ball
- Grated parmesan, handful
- Basil leaves, torn
- Olive oil, glug

METHOD
Allow the quality of your dough to shine. "There's nowhere to hide with margherita," says Elliot. Ditching meat cuts calories, but don't fear the grater: cheese is rich in both casein and calcium, which speed fat loss.

OIL OF OLÉ

Upgrade your extra virgin with these extras. Just steep for an hour and strain



ROSEMARY
Turn your pie into brain food – the scent of rosemary oil aids cognition. Heat up a slice and plough through boring paperwork.†



BASIL
Pour this tasty life-saver over meaty, cheesy toppings. It prevents fats from gathering in your blood, reducing bad cholesterol.

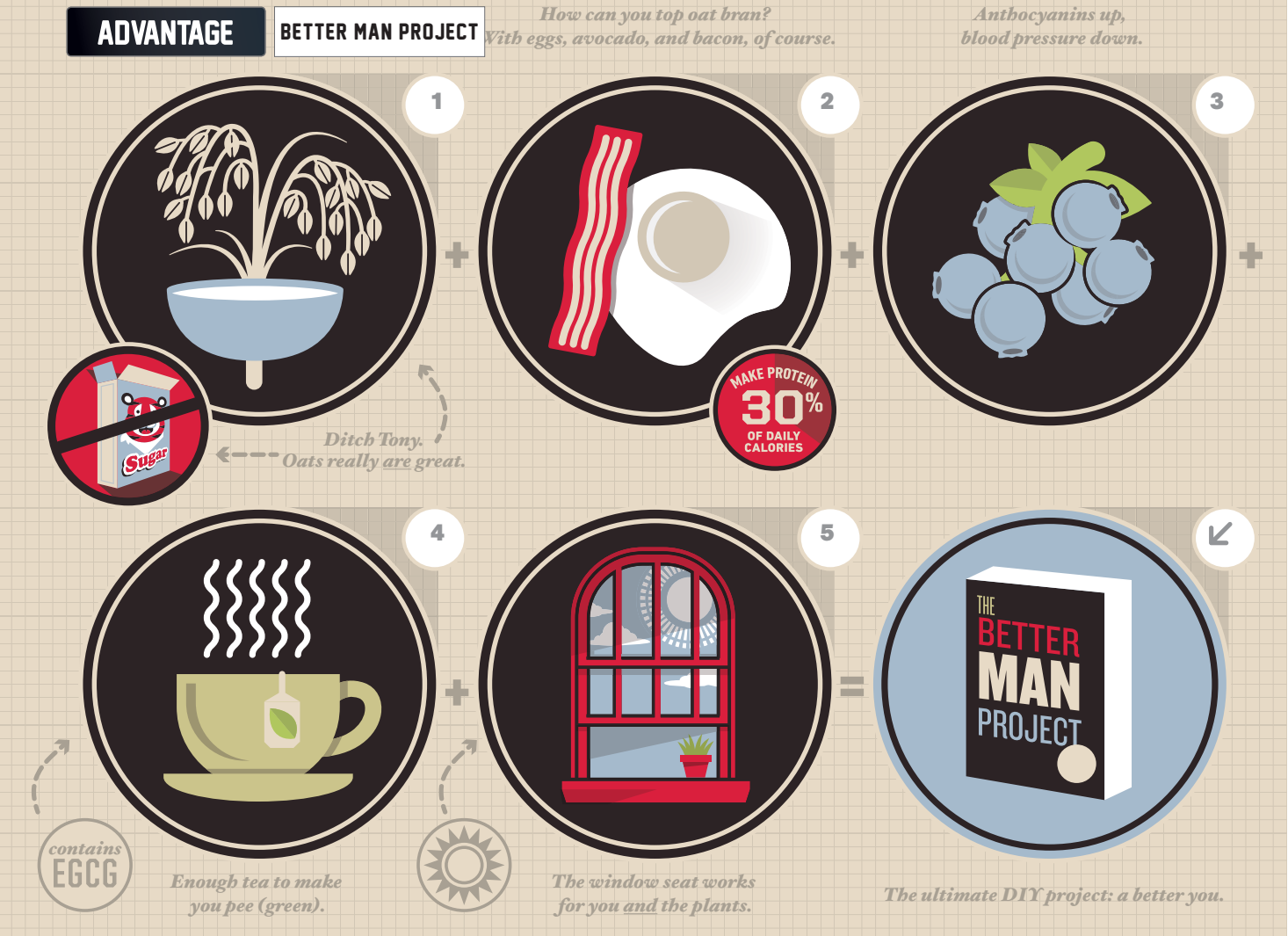


THYME
The chemical carvacrol gives you red wine's benefits minus the booze, suppressing inflammation in the same way as resveratrol.



OREGANO
Not only does the 'pizza herb' lend your slice its distinctive aroma, it kills norovirus too. Call it fuel for your immune machine.

†SOURCES: THERAPEUTIC ADVANCES IN PSYCHOPHARMACOLOGY; OXIDATIVE MEDICINE AND CELLULAR LONGEVITY; NARA WOMEN'S UNIVERSITY, JAPAN; JOURNAL OF APPLIED MICROBIOLOGY



PROJECT THREE

Lower Your BP by 8:00 a.m.

Start your day right, and you're less likely to end it in the ER. Here's a delicious way to decrease your stroke risk—at breakfast.

THE BETTER MAN PROJECT

THIS IS HEART-STOPPING: AN ESTIMATED ONE IN FOUR MEN between the ages of 35 and 44 have high blood pressure, according to the American Heart Association. Heredity may have something to do with it, but eating poorly can also lead to hypertension. And that pounding sensation in your temples puts you at risk for the two biggest killers of men: stroke and heart attack. The good news is that eating smart may help keep your BP in check. It all starts in your kitchen: A 2013 study from the University of Minnesota found that people who ate breakfast most often were less likely to develop high blood pressure than those who rarely ate it. So fire up this easy at-home breakfast tomorrow, and live to eat many more.

What You'll Need

- OAT BRAN
- EGGS
- BLUEBERRIES
- A KETTLE
- GREEN TEA
- A WINDOW SEAT

How to Do It

1. If you're still eating from a box with a cartoon character on it, it's time your tastes grew up. Hearty, creamy oat bran cereal delivers a wholesome payload of beta glucan, a type of fiber that may lower BP more effectively than other types, a 2015 U.K. review found. Plus, oat bran is a great base for sweet or savory flavours.

2. Fry up a couple of eggs and slide them on top of your oat bran cereal. In a 2012 Tulane University study, men who consumed the most protein (about 30 percent of their daily calories) had lower blood pressure than those who took in the least. Add avocado, bacon (smoky protein!), black pepper…and hot sauce for the sake of it.

3. Gobble blueberries like a sweet cure. Folks in a Harvard study who scarfed down about half a cup of blueberries every week had 10 percent lower blood pressure than people who were berry bereft. It's all about the powerful plant compounds, known as anthocyanins, found in the berries.

4. Use the kettle to brew green tea. Five or six cups a day (fill your travel mug) can cut systolic blood pressure by 2 points, a British study found. Research suggests that EGCG, a polyphenol in the tea, may help combat BP-elevating inflammation.

5. Now grab that window seat. In a 2014 study published in the *Journal of Investigative Dermatology*, people exposed to 20 minutes of UVA light saw their BP drop 2 points lower than that of a control group. UVA may help circulate nitric oxide in your blood, which regulates blood pressure and lowers stroke risk.

▸Want to make more DIY muscle, food, and sex improvements? Visit MensHealthBetterManProject.com/mh.

ILLUSTRATION BY TWO ARMS

Men's Health Middle East URBANATHLON 2015

PRESENTED BY

activelife INSPIRE YOURSELF | ضمان Daman

Muscle-burning challenges designed to
test your endurance, strength, mobility and pure toughness.

18 OBSTACLES OVER 10KM

ARE YOU TOUGH ENOUGH?

COMING 2015

ESSENTIALS



All things to everyone

Is the GTS the last chance to own a non-turbo 911? We hope not.

BY CARLIN GERBICH

THE WRITING IS ON THE WALL FOR THE NATURALLY-ASPIRATED 3.8-LITRE flat-six engine which has seen such sterling service in the Porsche 911. Rumours have surfaced that when the 911 is refreshed for 2016, one of those major changes will be a wholesale switch to turbo power. Ah-ha!, you exclaim. Porsche already does a turbo-powered 911 that it cunningly calls the 911 Turbo - and yes, you're right. But this is a move to introduce turbo-power to models further down the 911 foodchain in an effort to boost power and increase fuel efficiency. Flip the page for our verdict on the current GTS; a car that remains one of the most engaging and flexible sportscars on the market.





Natural evolution

Is the 911 GTS the ultimate sportscar for the traditionalist?

BY CARLIN GERBICH

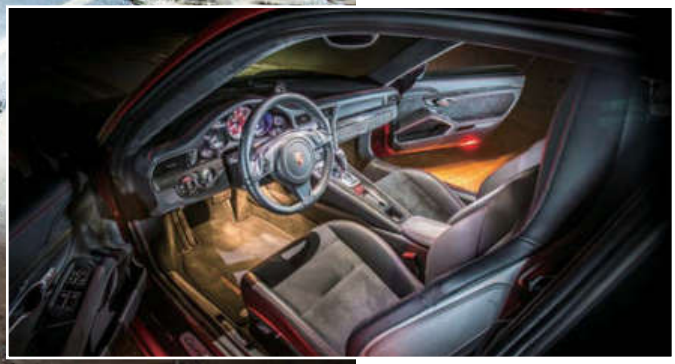
FOR MORE THAN 50 YEARS, THE PORSCHE 911 HAS HAD A TARGET PAINTED on its back. Its evolution has, in automotive terms, been as gradual as the crocodile's, and its success both on and off track has had just as much bite. That it is held in such regard as a benchmark in sportscar performance and handling by rival manufacturers speaks volumes for the work its engineers pour into every evolution, and while many won't admit it, producing a 911-crusher is something they'd covet more than discovering a cure for the common cold.

If the current crop of 25 versions of 911 leaves you a little puzzled, let me explain where the new GTS fits into Porsche's hierarchy. It ranks just below the bat-guano crazy track oriented GT3 as the second most powerful non-turbo 911 available. While it shares the GT3's wide body, the GTS is closer to the Carrera S in finish, performance and refinement. It hasn't sprouted an enormous rear wing or carbon-fibre chin spoiler like the GT3, nor has it been fitted with the rear-axle steering arrangement that Porsche fits to its high-end sports models. In terms of pure Porsche performance, the GTS is about as raw as the 911 gets. It can be ordered with a manual gearbox, comes without the four-wheel-steering system that Porsche fits to the GT3 and Turbo models, and is available in both two- and four-wheel-drive. If you want a 911 that feeds every ounce of naturally-aspirated 403-horsepower to its rear wheels, the GTS is about as good as it gets.





ENGINE: 3.8-litre naturally-aspirated flat-six
TRANSMISSION: seven-speed dual clutch with manual select
POWER: 430 hp
TORQUE: 440 Nm
0-100 km/h: 4.0 seconds
TOP SPEED: 304 km/h
PRICE *(base)*: AED472,640



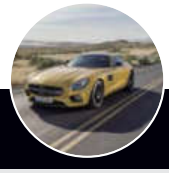
If that sounds like we're underplaying it, then consider that its nearest rivals - the Mercedes-Benz AMG GT S and Jaguar F-Type R coupe - both produce over 500-horsepower each. It's a considerable power deficit that sees the Porsche post the slowest 0-100 km/h time and quarter-mile sprint out of the three.

Despite this, the 911 still manages to be a remarkably engaging machine to drive and the most thrilling to master. The flat-six engine simply loves to rev and sounds incredible as the tach needle sweeps through the mid-range and towards redline. Its two-cylinder deficit to its rivals really means very little when it comes to aural delights. The PDK gearbox is swift, delivering a seamless stream of torque to the rear wheels as it climbs through all seven forward ratios.

The 911 GTS also makes up for its lack of ultimate punch in other ways. Handling remains one of the car's strongest points, and with trouble spots ironed out over 50 years of development, Porsche's chassis boffins have tailored the GTS to reward enthusiastic drivers with a level of poise, precision and pace that very few others are able to replicate.

This may also be the last throw of the dice for the naturally-aspirated engine. Porsche has already announced that future models will be powered by beefier turbo engines, and while that may make sense from and efficiency and economical point of view, there will be some stalwarts who will shed a tear.

Until then, you have the 911 GTS to see you through. It should really be all the sports car you will ever need.



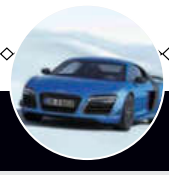
1/ MERCEDES-BENZ AMG GT S

THE MACHINE	AMG drew a bead on the 911 with its second ever ground-up car, the follow-up to the SLS supercar. A more potent twin-turbo V8 provides the thrust.
PRICE RANGE	The GT S starts at AED568,000. The GT, due out soon, will be a little less potent both in power and on the pocket.
BEST FOR	Surprising the unwary. It still looks every inch the supercar, but its proportions and softer looks still surprise a few
WHY SHOULD I BUY IT?	It's left-field in a very safe way. Front end feel is superb, and power delivery is sublime. It's forgiving, it's flattering and it's devastatingly fast.
GET IT IF	You've been through your 911 phase and want something a little more forgiving.



1/ JAGUAR F-TYPE R COUPE

THE MACHINE	Jaguar's top cat with snarly, surly supercharged 550-horsepower V8 and a really, *really* bad attitude. Ever stroked a cat's tummy before it goes psycho and shreds your arm? Yeah. That.
PRICE RANGE	Lesser F-Types (V6 versions) can be had for AED235,000. The arm-shredding V8 nasty costs around AED430,000
BEST FOR	Its attitude. Jaguar has played on the British bad guy theme in its marketing for a reason. It really is Don Logan in automotive form.
WHY SHOULD I BUY IT?	If you're the sort of person who likes to set off a wave of car alarms as you roar through supermarket car parks, or leave a trail of tyre smoke up Jebel Jais, the F-Type R coupe is for you.
GET IT IF	You need to satisfy your primal urge to tame a wild animal. Otherwise, steer well clear.



1/ AUDI R8

THE MACHINE	Audi's flagship sportscar distills its motorsport heritage into a perfectly packaged engineering masterpiece. A true, every day super car that can be driven to the shops and to the track.
PRICE RANGE	A very respectable AED405,000 will land you a 4.2-litre V8 powered one. You'll need an extra AED132,000 for a 5.2-litre V10.
BEST FOR	Blending in. It's been around for a bit, there are a few about, and it's an inoffensive machine drivien by driving purists.
WHY SHOULD I BUY IT?	It's fast, tremendous fun and flashy without drawing too much attention. The R8 tells the world you're a speed freak, but you'd prefer to play it down a bit. Unless provoked.
GET IT IF	You want all-wheel-drive performance, nimble handling and extreme track fun without an astronomical supercar price tag.

Speed of sound

Lock in to a groove with headphones designed to work as hard as you

It's a proven fact that music helps you exercise by not only distracting you from the effort in hand, but by enhancing your ability to maintain a cadence without thinking about it. Our brains are amazing - and locking into a beat subconsciously pushes you to go further, faster and harder. Fit, performance and durability are essential, but there's nothing that will put you off your workout more than a scratchy, tinny sound that transforms your favourite tunes to mush. Here are three pairs we recommend.

Superb sound quality is a Sennheiser trademark, and its compact Sport neckband share that tradition. The speakers are designed to sit vertically in the ear, and allow ambient sound to filter in so that you're aware of what's going on around you. The fit is superb and secure too. They're water resistant, and there is absolutely no extraneous cable noise. Comfortable enough for extended use.

SENNHEISER PMX 686G SPORT AED460/$125

At only 8 grams, the ActionFit headphones won't hold you back. They're sweat- and waterproof, and come with a Kevlar reinforced cable for extra druability. Bass performance has been boosted and, with a set of three ear gels, means you'll find a perfect fit.

PHILIPS ACTION FIT AED150/$40

Hassle-free headphones designed to work as hard as you do. Weather, sand, dust, shock and sweat proof design means they'll keep working regardless of where you may find yourself, and the set of seven different ear gels means you'll find a locked-in fit. Unshakeable.

JABRA SPORT WIRELESS+ AED260/$70

Light Speed

The marriage between high-tech and tradition never looked so good.

Umbro Speciali

Umbro's Speciali has always been a game changer. Michael Owen's jinky little run which wrong-footed Argentina's keeper Carlos Roa during the 1998 World Cup came thanks to the Speciali, as did the banana kick that Brazilian Roberto Carlos thumped around a wall of French defenders in 1997.

Now, the Speciali is back – and the new Eternal version marries much of the tradition that made the original such a delight to wear with new tech that makes it even better. The lightweight soft leather upper makes the boot supremely comfortable and durable; Umbro's A-frame overlay adds support and stability, while the fold-over tongue hides the lace loops and is secured with a dab of Velcro. The Wishbone outsole adds support to the entire footplate, with extra rigidity in the mid-foot and better flexibility at the front of the foot.

The 13-stud footplate is perfect for grass or turf traction.

UMBRO SPECIALI AED540/$147
STADIUM STORES UAE-WIDE

Puma evoSPEED SL

If lightweight performance describes your playing style, then you'll need a pair of these – Puma's lightest match-day football boot ever. Each evoSPEED SL boot weighs just 104 grams, making them so light, you'll think you're playing in bare feet.

Part of the secret lies in the super light and ultra-thin upper which is supported by Puma's strong but feathery SPEEDFRAME chassis. A perfect heel fit makes the boots feel like a second skin. The outsole's Puma SPEEDTRACK spine adds rigidity and support, while the studs are designed for both tremendous acceleration and changes of direction. That "lava blast" colour was specially developed forthe evoSPEED SL.

PUMA EVOSPEED SL AED1150/$313

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ROTARY CLUB
Show your future boss your ace credentials, not your hairy chin.

Machines That Make the Man

Milestone life events demand best-in-class presentation. These high-tech tools will help you put your best face forward. BY DAN MICHEL

THE FIRST TIME A GUY FIRES UP A POWER TOOL IS AN epiphany: A little extra juice can help you finish the job in half the time (and feel like a badass). So it seems kind of remarkable that men haven't fully embraced this principle when it comes to dreaded tasks like shaving, scrubbing, and brushing. "Using an electric razor or an air flosser is like the difference between swinging a hammer and using a nail gun," says Michael Gilman, founder of the Grooming Lounge. Use the accessories on the following pages to supercharge your grooming regimen—and look better than ever.

PHOTOGRAPHS BY TRAVIS RATHBONE

The Wedding

Whether you're flirting with a bridesmaid or getting hitched yourself, you want a flawless mug on the big day. This facial steamer hydrates your skin, boosts bloodflow, and makes exfoliation a breeze; the result is a much deeper clean. Just fill it with water and direct the nozzle at your face for 15 minutes in the morning. Follow up with a cleanser; Pirooz Sarshar, founder of the grooming line PRZMan, recommends his Clean Getaway face wash ($15, manhoodtv.com).

DR. DENNIS GROSS SKINCARE STEAMER SOLUTIONS
$193/AED709, DESERTCART.AE

The Job Interview

Don't let a shaving nick detract from that first impression. Take your morning shower and then turn on the Norelco 7700. "The steam and heat will lift and expose the hairs," says Sarshar. The razor's storage base also cleans, lubricates, and recharges the unit after each use, leaving you more time to triple-check that rockin' résumé.

PHILIPS NORELCO 7700 WET & DRY RAZOR $299/AED1099
DESERTCART.COM

MH MUST-HAVE



THE LOOT ROLL-UP

Why waste a minute of your life untangling power cords? Stash accessories in this leather case, then roll and stow. Translation: less time cursing, more time honing your fantasy football roster.

THIS IS GROUND BANDITO LIFESTYLE ROLL, CRAFT EDITION
$120, THISISGROUND.COM

The Reunion

Greet your pals with a fuller head of hair—without using pills or foams. Nutrastim's laser therapy comb stimulates follicles to promote hair growth. In an *American Journal of Clinical Dermatology* study, men who used a similar laser treatment (eight minutes a day, three days a week) showed a 20 percent increase in hair density after six months.

NUTRASTIM PRO HAIR LASER COMB
$279, NUTRALUXEMD.COM

Prop styling: Angela Campos/Stockland Martel; photograph by MITCH MANDEL (roll-up)



The Vacation

This ultraportable vibrating razor helps you trim evenly and limits your risk of a shaving nick. But the luxe handle is the real selling point here—it'll last a decade. To soothe your face and restore moisture, use a vitamin-rich aftershave, says Gilman. We like his postshave Best for Last ($11, groominglounge.com).

THE ART OF SHAVING POWER SHAVE COLLECTION FUSION RAZOR $195, THEARTOFSHAVING.COM

Aim this tool at your fangs, and you can quit lying to your dentist about how often you floss.

The Photo Shoot

A digital SLR may be your best friend when it's capturing a Cabo seascape, but it could be your worst enemy if the high-powered lens is focused on your spotty mug. For the best possible portrait, start by clearing oil and dead, acne-causing skin cells with Clinique for Men's sonic face brush. With 9,000-plus vibrations per minute, the charcoal-infused bristles dislodge bacteria and impurities to deep-clean your pores, Sarshar says. "It's like having a facial at home."

CLINIQUE FOR MEN SONIC SYSTEM CLEANSING BRUSH $90, CLINIQUE-ME.COM

The First Date

Flossing can be a chore, which is why it's so easy to skip before a night out. Remove the grunt work with a few bursts of air and water from the Philips Sonicare AirFloss Pro. It efficiently clears gunk between your teeth, combats bad breath, and promotes healthy gums. Kickstart the process with mouthwash to loosen debris, Gilman suggests.

PHILIPS SONICARE AIRFLOSS PRO $112/AED415, DESERTCART.AE

Illustrations by MICHAEL BRANDON MYERS (icons); JIM WINTERS (Boyé)



QUICK CHANGE

By Brian Boyé

How risky is it to buy a watch from a non-authorised dealer?

JIM, ATLANTA, GA

Start with the obvious: The ticker could be bogus, or a discontinued version of a new style. You may never know because the serial number might be wiped clean. That means you have no warranty and won't be able to have it serviced by the manufacturer. And if that's the case, a major Swiss brand won't fix it. Buy a watch you'll want to pass down. It should keep ticking long after your own expiration date.

Why do suit jackets have bottom buttons if you're not supposed to use them?

BILL, MACUNGIE, PA

Blame King Edward VII and his regal appetite. By the early 1900s, the king had gained so much weight that he couldn't fasten the bottom button of his vests and jackets. Not wanting to offend, the men in the palace followed suit, so to speak. The trend spread, and suits today are still made with the rule in mind. So closing your jacket completely constricts your movement. That's only useful if you, like Edward, are reaching for the dessert tray.

Brian Boyé is executive fashion director at *MH*. Follow him on Twitter: @brianboye

EVERYTHING BUT BBQ

A GUIDE TO COOKING OUTDOORS FOR THE HEALTH-CONSCIOUS CHEF

YOUR DEFAULT MEAT-AND-FLAME COMBO COMES WITH CARCINOGENIC RISKS THAT GUESTS WON'T THANK YOU FOR. LEAVE THE COVER ON THE GRILL AND PREPARE A HEALTHIER, TASTIER BACK-GARDEN BANQUET

WORDS BY TED LANE PHOTOGRAPHY BY DAN MATTHEWS
ILLUSTRATIONS BY BEN MOUNSEY

CHICKEN AND SWEET POTATO ARE RICH IN VIT B6, WHICH COMBATS HEART-HARMING HOMOCYSTEINE



BASTE WITH A ROSEMARY BRANCH. THE HERB BOOSTS MEMORY, WHICH IS HANDY ONCE THE WINE STARTS FLOWING

SPIN CHICKEN

FOR PERFECT POULTRY, BUILD YOUR OWN BACKYARD ROTISSERIE WITH CHEF ROSS CLARKE†

YOU WILL NEED
(SERVES 4)

- CLEAN OIL BARREL
- BREEZE BLOCKS
- BRICKS
- METAL SPIT
- FIREWOOD
- WHOLE CHICKEN
- BUTTER, 250G
- MUSTARD KETCHUP, 2TBSP
- SWEET POTATOES, 4 MEDIUM
- ROSEMARY, BRANCH

METHOD

Cut the barrel in half lengthways to make a tray. Stack breeze blocks at either end and flatten the curved barrel edge with a hammer. Rest it on your bricks to stop the hot barrel scorching your lawn **(1)**. Lay your logs in the barrel, light and let them burn down to embers. Avoid charcoal – the smoke packs the same carcinogens as you find in cigarettes. Using wood will stub out the risk. Skewer the chicken **(2)** and lay across the top. Turn every few minutes for 90 minutes. For the baste, mix molten butter with mustard ketchup; apply to the meat as you turn. To finish, bury your spuds in the embers **(3)**. Remove when soft, peel the skins and stir in the baste for luxuriant mash.

(1)



(2)



(3)



†MICHELIN-TRAINED CHEF AND RESTAURANT CONSULTANT

SOUTH AMERICAN SHOW STOPPER

SLAY HUNGER BY COOKING ON AN ARGENTINE IRON GRID, SAYS FOOD WRITER TIM HAYWARD

YOU WILL NEED
(SERVES 20)
- STAINLESS STEEL POLES, 2
- METAL CORD
- A WHOLE LAMB, BUTCHERED
- A LARGE GARDEN

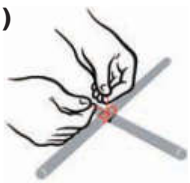
METHOD

Binding a whole lamb to a metal splay sounds ritualistic, but spreading out your meat over a fire cooks it evenly, and is the source of perfect pulled meat.

Strap two stainless steel poles together with cord to create an x-shape **(1)**. Build a large fire (stack logs to knee height), then let it burn down until glowing. Tie the legs to the crossbar and secure its belly to the shaft. Place it, ribs-down, at a 30-degree angle over the embers for five hours; flip it over for a final hour. Slow-cooking softens the toughest cuts.

Use a probe thermometer (to check it; aim for 65°C **(2)**. "At 63°C you've killed bacteria but at 75°C you've killed the lamb," warns Hayward. Now start pulling away the melt-in-the-mouth meat – remember there's enough to share.

(1)



(2)



APPLY A DRY RUB OF PAPRIKA AND FENUGREEK TO RAISE METABOLISM AND CALM POST-LAMB HEARTBURN

ONE POT WONDER

TURN YOUR CAMPFIRE INTO AN OUTDOOR STOVE WITH CLARKE'S SIMPLE SWEDISH TORCH

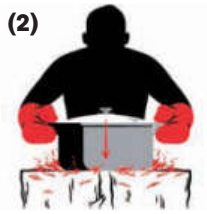
METHOD

A stewpot, logs and a handful of healthy ingredients – this method is simplicity at its best. Plus, heating meat in a pot cuts the cancer risks linked to flame-cooking. Grab a few timbers left over from your winter log burner, upend them and cut halfway down to create eight united segments. Stuff the gaps with newspaper, light and let it catch **(1)**. Once the wood is glowing, place a heavy-based pan on top; keep a few logs to one side. Each one should last 30 minutes **(2)**. Add oil to the pan, the steak before adding your spices. Add onions, garlic, tomatoes, beans and scotch bonnet sauce **(3)**. Simmer for an hour, stir occasionally. Keep the sour cream handy.

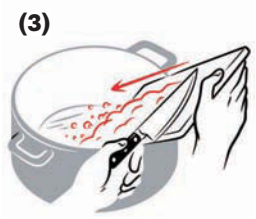
(1)



(2)



(3)



YOU WILL NEED

(SERVES 8)

- BIG LOGS
- CHAINSAW OR HAND AXE
- NEWSPAPER
- HEAVY-BASED SAUCEPAN
- STEAK TRIMMINGS, 1.5KG
- PAPRIKA AND CHILLI POWDER, 4TSP EACH
- SOUR CREAM
- ONIONS, 4, CHOPPED
- GARLIC, 4 CLOVES
- CHOPPED TOMATOES, 4 TINS
- KIDNEY BEANS, 2 TINS
- SCOTCH BONNET SAUCE, 200ML

AS WELL AS BURNING FAT, THE CAPSAICIN IN CHILLI TORCHES YOUR PROSTATE CANCER RISK

KIDNEY BEANS ARE PACKED WITH FOLATE, WHICH BRINGS DOWN YOUR ODDS OF A HEART ATTACK

†FOOD WRITER FOR THE FINANCIAL TIMES, GUARDIAN AND OBSERVER FOOD MONTHLY | FOOD STYLIST: JACK SARGESON



SLOW-COOKING NEGATES THE PANCREATIC CANCER RISK ASSOCIATED WITH WELL-DONE 'CUED MEAT

A PORTION OF LAMB CONTAINS 1/3 OF YOUR ZINC RDA TO KEEP YOUR IMMUNITY AND T-LEVELS UP

YOU WILL NEED
(SERVES 4)
- SPADE
- GOLF-BALL SIZED STONES
- FIREWOOD
- LAMB SHOULDER
- COLD WATER, 5L
- SALT, 450G
- FRESH THYME, 100G
- ROSEMARY, 60G
- BLACK PEPPERCORNS, 10G
- BUTTER, 55G
- FLOUR, 125G

GO UNDER GROUND

PIT-COOKING TAKES SOME ELBOW GREASE BUT THIS LAMB DISH IS WORTH IT, SAYS ROSIE HAZLETON†

METHOD

Grill a big hunk of lamb and you'll get scorched skin and a raw centre. For succulent protein you need to put your back into it. Dig a hole 4ft wide and 2ft deep and fill the base with half your stones **(1)**.

Lay a wood fire on these, piling the rest of the stones on top. Let them heat for two hours. While you wait, soak the lamb in a brine of water, salt, thyme, rosemary and pepper. Pit-cooking meat ensures an even heat, but it's hard to monitor progress; soaking stops it toughening. Make a dough with flour, 40ml water and butter; wrap it around the meat **(2)**. This helps the meat cook in its juices and protects it – and you – from harmful ash. Use heatproof gloves to lie the meat on a bed of stones. Cover with the rest of your hot rocks. Let the meat cook for four hours, then dig in and unearth the best lamb you've tasted.





SMOKE WITHOUT FIRE

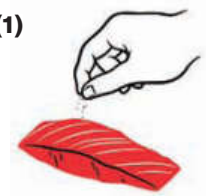
BLOW SUPERMARKET SALMON OUT OF THE WATER BY SMOKING IT AT HOME, SAYS HAYWARD

METHOD

A few garage essentials and 24 hours are all you need to delicately (and healthily) prep a perfect starter. Rub the fish with a 50/50 mix of salt and sugar **(1)**, wrap in clingfilm and leave in the fridge overnight. Dry-brining pulls fluid out of the fish, so it won't be slimy.

The next morning, fill a tin with sawdust, punch a hole in the bottom and insert a soldering iron **(2)**. Supermarket fillets are often sprayed with liquid smoke to cut corners. Upend your pipe over the can and hang the fillets inside from a spindle **(3)**. Switch on the soldering iron and cover the whole contraption with a bin lid and a few bricks to keep vermin out. Leave for 24 hours, lift the lid and reel in the results. MH

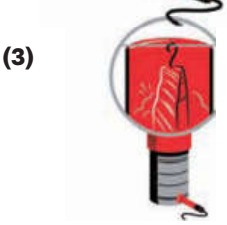
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YOU WILL NEED

(SERVES 6)

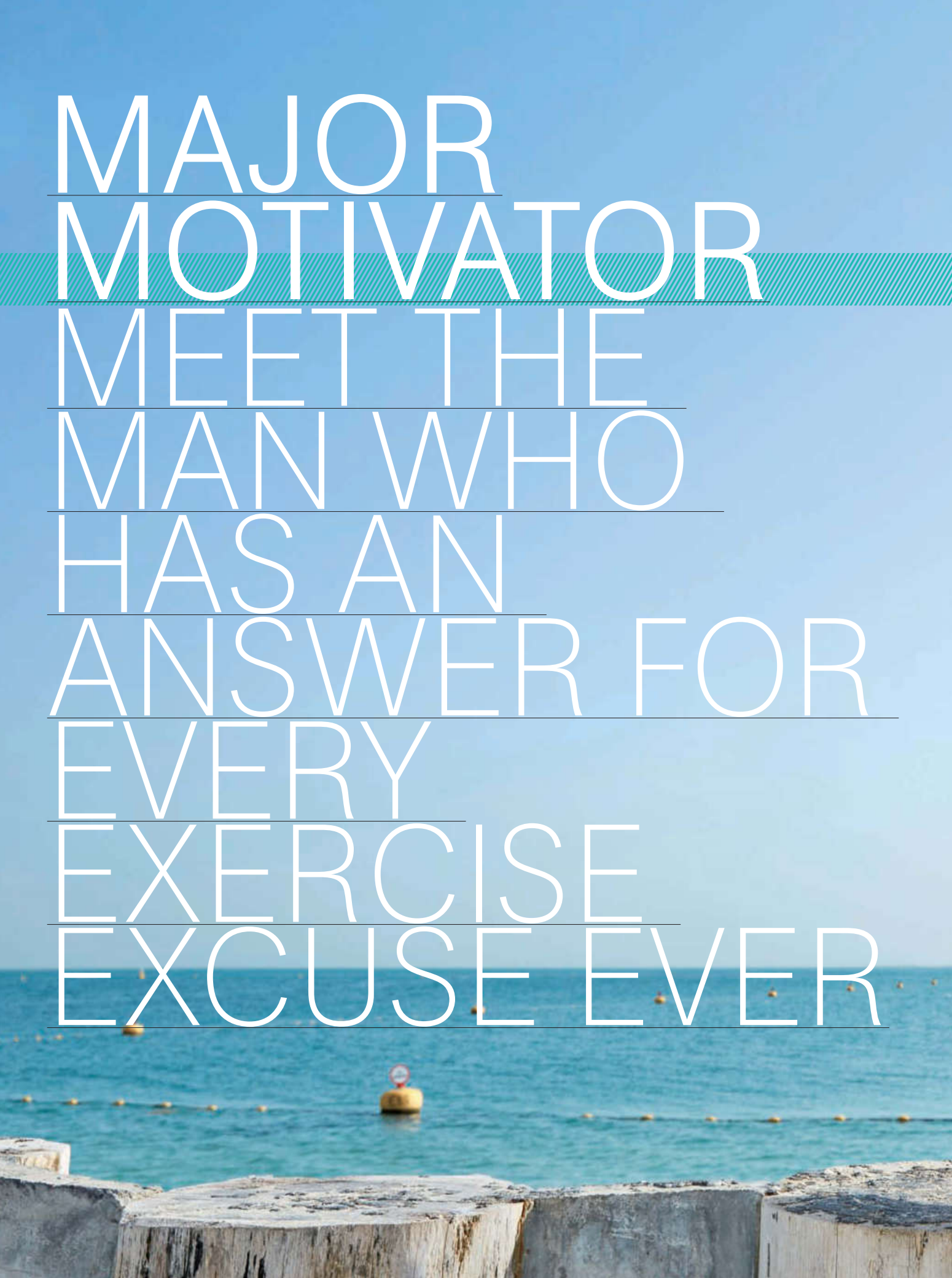
- CERAMIC DRAINAGE PIPE
- WOODEN SPINDLE
- FISHING HOOKS
- FOOD TIN, EMPTY
- SAWDUST
- SOLDERING IRON
- WHOLE SALMON FILLETS, 2
- SUGAR, 150G
- SALT, 150G

THE SELENIUM AND VITAMIN E IN SALMON COMBINE TO COMBAT SKIN CANCER. ENJOY AL FRESCO

DON'T LET THE SUPERMARKETS FOOL YOU. SHOP FISH IS INJECTED WITH BRINE FOR EXTRA WEIGHT



[1] ARCHEOLOGIST AND EXPERT IN PREHISTORIC COOKING



MAJOR MOTIVATOR

MEET THE MAN WHO HAS AN ANSWER FOR EVERY EXERCISE EXCUSE EVER



MATIJA KRIVOKAPIC	
AGE:	24
WEIGHT:	91 kg
HEIGHT:	191 cm
FROM:	Scotland

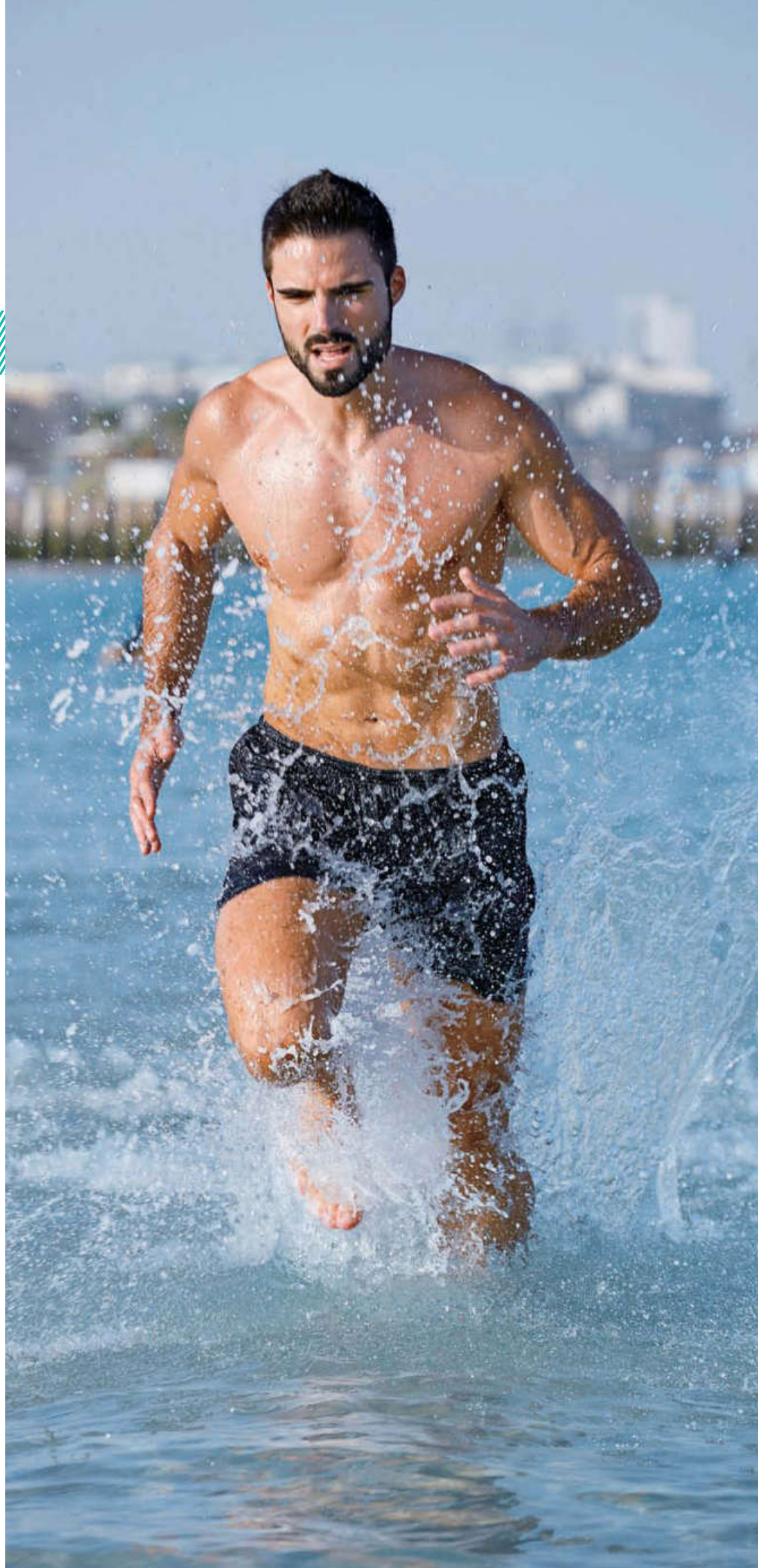
It's 6.30am. The full blast of the Dubai's summer heat has yet to kick in, and Kite Beach - one of the city's most popular weekend spots for fitness fans and sun-seekers - is deserted. "This is why I moved here," Matija Krivokapic says. "The weather is one thing, but the ability to train year round, outside on the beach with clients: You can't describe just how amazing that is and how lucky we are."

Krivokapic's enthusiasm is infectious - and entirely understandable given his upbringing in Scotland where his father Miodrag played professional football for Dundee United and Motherwell. Scottish winters are brutally bitter, and outdoor sports are only for the hardy few. Running about a beach without the threat of exposure in January, for Krivokapic, is a luxury he's happy to get used to.

"Living and working in Scotland in the winter means you're going to work in the dark, coming home in the dark. To be able to train my clients at the beach is just amazing. You meet so many people and different nationalities here."

As you may have guessed, there's no family tartan. The Krivokapic clan didn't participate in the Battle of Bannockburn, and there's no history of the name in Scottish annals prior to the family's arrival in 1988. Originally from Montenegro, Miodrag moved his family to Scotland from the former Socialist Federal Republic of Yugoslavia where he'd cemented his reputation as a formidable defender for Red Star Belgrade.

Mati was born in 1991, three years after the family landed and two years after his brother Balsa was born. His father was still





Form is everything, says Krivokapic. Maintaining form throughout every exercise is paramount.

playing for Dundee at the time, and Mati spent his formative years following in his father's footsteps and developing his skills. His father retired from football in 1999 and took up coaching roles before returning to Belgrade with the family where he'd landed the assistant manager job for his former team Red Star. Mati's football progressed too. He played for Red Star Belgrade FC's youth team before injury sidelined him, and a bout of glandular fever put him out of commission for 12 months. Mati moved back to Scotland to study at Motherwell College in Lanarkshire in 2008.

"Football was always a big part of my life. Even as a kid, in Serbia, we were training twice a day. There were the normal temptations you have when you're 16-17 but we were so busy training for games on the weekend that it kept us out of trouble."

While his football career didn't quite pan out the way he hoped, his fitness habits led him into the gym where he discovered a love for weight training, which then put him on the path towards becoming a personal trainer. He considered a career as a physiotherapist - and completed two of the required four years of study, and even landed work experience at the Scottish premiership side Celtic shadowing the physio staff there, "because that was the route I was going down."

> "FOOTBALL WAS ALWAYS A BIG PART OF MY LIFE. EVEN AS A KID, IN SERBIA, WE WERE TRAINING TWICE A DAY"

Instead, six years later and with numerous training certificates under his belt, Mati found himself in Dubai talking to Jordan Branford and Salma Ismail about the work they do with their Body Challenge boot camps.

"Salma saw my profile online because they were looking for a trainer for the Boot Camp, and the first week I was here I went along as a trainer to see how it went. We got on really well and Jordan said he'd take me on. He was a massive help in the beginning. When you're new, you don't really know what's right for you. I spent a lot of time going around gyms to find the right one for me, finally found it, and started to build up a client base.

"They're really cool and I love the way Jordan runs them. He's been doing it for quite some time and the interaction is quite good. My pet thing is that I like to make sure that everyone is doing things correctly, and that can be quite a challenge when there are 30-40 people. Some people are insecure and like to hide in the background, hoping that if the trainer doesn't see them, they won't be picked on. It's not a matter of picking on people. I just want to make sure people are doing planks correctly, squats correctly, keeping people focused on what they're doing and pushing them a little bit more, a little harder."

"If I see someone who is really good, I'll push them harder too, because it's all about taking them to the next level. I know they can do it, it's just a matter of getting outside that comfort zone and getting that little bit better."

For most clients, fat loss is the main priority - and Mati says Boot Camps are perfect for that.

"Most of this stuff is bodyweight exercises, so, really, you can only go so far. The protocols are tabata intervals of four or five rounds, then a rest, then a strength element, and a core element.

"Studies have shown that with this kind of exercise you preserve as much muscle as you can while burning as much fat as possible. Sometimes, marathon runners come to us and say that after a boot camp that because your aerobic threshold increases, that high intensity improves your endurance."

"Bootcamps are about general fitness. As a trainer, you need to have a sounds selection of exercises that allow people to progress while offering others who may struggle a bit





There's no excuse to not exercise, says Krivokapic. Bodyweight exercises on the beach require no extra equipment.

"MY FOCUS IS ON BEING STRONG, AND HAVING A BALANCE BETWEEN THAT AND BEING ATHLETIC."

an alternative so that they can build up to it. There's always a progression exercise, and there's always something that can be used to build up to moves that someone may find a little too challenging."

"In a sprint tabata in sand, of course you're going to hit 80-90% heart rate and you're going to be exhausted. The idea is to keep them there for 4-5 minutes and then you do something else to lower it down, before you build it back up again. Up and down, up and down. There are different ways to exercises, but for us, it's all about raising and lowering your heart rate.

"Some trainers may give their clients a 50 kg squat, but they struggle with 20 body weight squats with proper form. Same with pull-ups. I see a lot of people using belts and weights to do three or four, but they can't do 10 on their own. You need to get the fundamentals right first of all, then you can progress."

There's no place to hide in Boot Camp either. "As a trainer, you can see everything. Some people won't push themselves 100%, and that's just the way it is. They work hard, but they might not push themselves to the limit. Maybe 10-15% will while the rest will work hard without killing themselves. I think that's more about pacing yourself

"But in tabata, where you have 20 seconds on and 10 seconds off, you really want to be going flat out for those 20 seconds. Leave nothing behind. After eight rounds, you shouldn't be able to talk. Something we do on number of reps, but the ones we do on time, you should be pushing yourself to the limit. You could be the fittest man on earth, but if you're working against the clock, you should be doing as much as you can in that space of time as possible."

Mati also offers personal training services through Fitness HQ, and much of what he teaches revolves around how he trains himself.

"My focus is on being strong, and having a balance between that and being athletic. To me, if you lose that flexibility or get too big, can't jump, run or scratch your back - that's not fitness or athleticism. I like to have that balance. I like to run, jump, sprint, cycle and lift heavy weights. So, for me, it's a combination of everything.

"I like to centre on four main lifts: deadlift, squat, bench and military press - and then do assistance work. It's more a body building approach where I'll train legs one day, back another, chest another. I like body-building as a sport, and I like that way of training.

"To me, that is strength. Being able to do 20 bodyweight pull-ups. Having good form, or having a good vertical jump. It's not about being the biggest and not being able to run. I don't want to knock the people who do because I really respect what they do, but it's not for me.

"Run, jump, push, pull - you're an athlete. I think some trainers really need to step up their game. You are your own best advertisement. Clients want to be inspired by you as a trainer, and they're not going to be drawn to your personality if you don't look as though you put the same amount of effort into your training as you're asking others to do."

MYTHBUSTING

All personal trainers have stories to tell, and there are common threads in many of the misconceptions clients have towards weight training and the results they expect to see. The 'I don't want to get too big' myth is one of the most frequently recited excuse to skip resistance training.

"I hear it all the time, and you really don't need to worry. It's not going to happen overnight. It takes a long time. Years and years. It's a common thing with women who think they're going to get too bulky, and it simply doesn't happen. They somehow believe that if they pick up a weight they're going to get enormous muscles. In reality, it's probably the exact opposite. As soon as the muscle starts to build, the fat just fades away. Your metabolic rate rises, you burn more calories, and that's how it works.

"Most of the people doing cardio in the gym are female because they think that weights will make them too bulky. But the opposite is true. It will really help burn fat. When you combine resistance training and cardiovascular exercise, then the results are 10 times better."

There are also the 'I want to lose fat first, then move on to the weights' gym newbies.

"What does that even mean? You're going to spend 12 months on a treadmill and when you've lost 10 kgs, you want to do weights because you don't want to get flat? That really needs to change. People don't know. They really think that picking up a weight is going to give them some sort of magic muscle growth



and that they're going to develop lumps of muscle everywhere. That just doesn't happen. Weights don't make you bulky. Cupcakes do."

MAINTAINING MOTIVATION

Many fail to keep up their training because they either plateau in their weight loss, or stop seeing results. A lack of results can come down to a number of factors, but common factors include not pushing hard enough during gym sessions - or pacing during group exercises; the temptation to over reward yourself post workout, or just run out of patience. Mati says keeping clients motivated is a key part of the job.

"First of all, it's very hard for anyone to not see results. You just need to give it time. A week is no good. You really need to stick at something for a decent amount of time. Six months. A year. In the same way that you can put on weight in a year, you need to really give it a bit of time. You may want to get rid of it in eight-12 weeks, but you need to be realistic.

"Just because you go to the gym, doesn't mean you really go to the gym and push yourself. For some, it's a social thing. We can all say that we go, but until you're training hard enough to really challenge your limits, you're not going to progress."

Mati suggests that you also train with someone better and fitter than yourself, to help keep motivation high.

> "EVERYONE HAS TIME FOR A 20 MINUTE WORKOUT IN THE MORNING. GET IT DONE. BOOM. OFF TO WORK."

"Try and keep up with them - because that will help you to push yourself that bit harder. It will certainly break some barriers in terms of your weight loss and fitness. Constantly try to improve yourself, constantly try to get better and when you surround yourself with positive people who are really into what they do, then that will help accelerate your progress.

I think that why group programmes work. When you start to see the progress of others it can really spur you on. It's the buddy system: if you make a commitment, you know you have to keep it. You may not feel like going, but you can't let others down. That helps give you the incentive to train.

"If you're training well, you need that support from your family and friends to keep you going. If your friends are constantly bashing you about being in the gym, then it makes it difficult. You need encouragement because it's hard work, and it can be tough at times to get out and do something. We're all human. We all like food that's not good for us. The difference is that some people chose to do something about it, and some won't.

"You kind of have to flip your thinking around. If you've put weight on, then the decisions you've made in your life have led you to that point. That requires a new line of thinking, maybe from your own research, maybe from a professional. But the fact you're looking for answers should be enough to make that first step."

And the biggest excuse of them all? That old chestnut of not having the time to train.

"Everyone has time to work out. You have time during the evening to plan your meals. You have time to do your food shopping. You do. It's just about establishing a routine.

"Everyone has time for a 20 minute body weight workout in the morning before work. Do it, get it done. Boom. Off to work.

"Again, it's all about surrounding yourself with the right people just getting on with it. At the end of the day, it's your health. What is more important than that?"

BEACH BODY BLAST

TORCH FAT AND REVEAL A RIPPLING MIDSECTION WITH THESE BODYWEIGHT-BASED WORKOUTS

Start with a simple warm up that includes 30 seconds each of jumping jacks, high knees, kick heels back, arm rotation (forward & back), hips rotation, knee & ankle mobility. Then add in one of the following tabata routines.

TABATA 1

Work 20 seconds/ Rest 10 seconds (4 mins total), four rounds with 60 seconds rest between rounds.
Lunge Walks
Vertical Jumps
Push ups
Supported V-ups

TABATA 2

Work 30 seconds / Rest 15 seconds, four rounds with 60 seconds rest between rounds.
Air Squats
Lunges
Burpees
Mountain Climbers
Plank

TABATA 3

Work 15 seconds / Rest 5 seconds, four rounds with 60 seconds rest between rounds.
Volleyball blocks (side to side movement jumping as high as you can with arms in the air)
Sumo hold
Squat thrust
Walking Plank

Once you've worked up a sweat, then boost your heartrate with sprint intervals. Try this:

Sprint Workout: (20 minutes)
Sprint for about 10-15 seconds. Start at 50% and build intensity with every run. Do as many as you can, resting a minute between each.







—
By Michael Easter

—
Photographs by
Benjamin Lowy

—
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THINK BIG

INSIDE EVERY MAN'S BRAIN IS A VOICE TELLING HIM TO JUST GIVE UP AND QUIT. GYM JONES WANTS TO HELP YOU SHUT THAT VOICE UP, BECAUSE IN THAT SILENCE IS STRENGTH.

The madness is about to begin.

Fifteen men stand against a wall in a 6,000-square-foot converted warehouse in Salt Lake City. They're anxious, and it shows in their unconscious movements—shifting feet, tapping fingers, darting eyes. The punk music blasting from overhead speakers adds an almost palpable intensity as Gym Jones's splendidly profane, superhero-size fitness director, Rob MacDonald, saunters up and down their ranks.

"You, 48. You, 54. You, 63," says MacDonald, jabbing a finger at three men in turn. "That's how many calories you have to burn—in one minute. If you don't make it, you'll keep trying until you f**king do."

Muffled curses filter through the music as each man considers the immensity of his task. To reach his calorie goal, which MacDonald calculates using body size and fitness level, each man must give everything. Pain is a promise, suffering guaranteed.

The first victim saddles up on the AirDyne, a stationary bike with movable handles and a giant fan for a front wheel. It's a remarkably innocent-looking torture device; the harder you pedal, the harder pedaling becomes, thanks to the exponential nature of air resistance. MacDonald smiles diabolically. "Go!"

The man pedals like Mark Cavendish on bath salts—a blur of whirling, spinning, revolving legs and pushing, pulling, flailing arms. His grimace hardens and his breathing becomes increasingly frantic as each second ticks by. Then it's over. His minute is up and he's off the bike and on his back, gasping for air and jabbing at his quads. "Next!" shouts MacDonald.

One by one the men take the test, dropping to the floor or hobbling about on spasming legs when it's over. Some fail. A guy in his 20s who was assigned 48 calories finishes with 47. "The only thing that makes Rob happier than people hitting their mark is when they miss it by a calorie," says Mark Twight, Gym Jones's founder, who's known as much for sculpting some of Hollywood's most chiseled bodies as he is for eschewing the fame that comes with it. "He loves throwing them back into the fire."

As deranged as the AirDyne test seems, it isn't an exercise in fitness sadism or a blitzkrieg attempt to build lung capacity. It isn't even designed to train the body. It's a sweaty baptism into Gym Jones's foremost principle: The mind is primary.



NOWHERE TO HIDE Everyone at Gym Jones, including training director Rob MacDonald (right), takes fitness tests as the group looks on.


GYM JONES

GYM JONES IS AN INTENSE PLACE. Many of the workouts—which range from crushing, hourlong circuits to vicious intervals on the rower or AirDyne—are insanely intense. "Each workout is designed to be a mental crucible, an exercise in the art of suffering," Twight says. "Through suffering, you discover your true potential."

Twight has practiced what he preaches. A celebrated mountaineer, he forged his mind-first fitness dogma while setting alpine speed records and claiming a first ascent on a notoriously treacherous frozen waterfall in the Canadian Rockies. "There were guys who were fitter and better technical climbers than I was," says Twight. "But I did more transformative things because of what I had on board mentally."

Twight founded Gym Jones in 2003 to help fellow climbers "unf**k their heads." For years it existed on the fringes of hardcore fitness, gradually adding Special Forces recruits and MMA fighters to its ranks as news of Twight's successes spread.

Then, in 2006, everything changed. The movie *300* hit theaters, and Twight, who'd been tasked with transforming the film's doughy actors into a phalanx of hardened warriors, found himself in the limelight. Overnight, Gym Jones went from underground muscle factory to iconic fitness temple.

"Until that point, I ran the gym on the Fight Club model—it was invitation only, but if you were invited, I trained you for free," says Twight. But after the movie was released, it was impossible to stay off the public's radar. "The traffic it created nearly crashed our website," he says. "We went from a few hundred hits a month to almost 13 million."

The buzz was a curse, in a way. "It gave people the wrong idea. Aesthetics are actually our last concern," says Twight. Gym Jones focuses on building true fitness, not the appearance of it, he explains. "And true fitness comes from training the muscle that sits in your skull: your brain."

Most people aren't prepared for what that entails. "They don't know what all-out is because they've never been pushed to experience it," says Twight. "Take the one-minute AirDyne test. If someone gave absolutely everything he had on the first try, it would be impossible to log a higher score on the second attempt. What holds people back? Maybe it's fear. Maybe it's laziness. But whatever it is, it's 100 percent in their head."

Those mental barriers also hinder performance in the weight room. Twight recalls a member who was fixated on pulling a double-body-weight deadlift, a Gym Jones fitness benchmark. (See "Raise Your Standards," right, for more.) "For him, that was 360 pounds," says Twight. "He could lift 345 no problem, but put 360 on the bar and he couldn't budge it. He thought 360 should be hard, so it was." Twight's solution: "We had him do a bunch of sets, switching up the plates each time until he lost track of them. Without knowing it, he did a couple of reps at 375."

IN 1924, THE NOBELIST ARCHIBALD Hill, Ph.D., became the first physiologist to propose that the brain regulates the heart during exercise. That regulation, he theorised, was meant to protect the heart from overexer-

THE GYM JONES PLAYLIST

- ▶ **"Power & the Greed"** The Partisans
- ▶ **"Get Off Your Ass"** SNFU
- ▶ **"Institutionalized"** Suicidal Tendencies
- ▶ **"Liar for Hire"** D.O.A.
- ▶ **"Ain't Nothin' to Do"** Dead Boys
- ▶ **"Bitch in the Pit"** Body Count

TEST YOUR LIMITS

Most guys think they push themselves in the gym. These tests will show you where your limit really is and help you exceed it.



▶ **1-Minute Sprint**

"A minute might not seem long, but it is if you go hard enough," says Gym Jones's Rob MacDonald. "This will reveal how far you're willing to push yourself. If you're not crushed at the end, you held back."

DIRECTIONS Hop on a fan bike and try to burn as many calories as possible in 60 seconds. (The bike will display your result.) Average is 45; the Gym Jones record is 89.

MASTER YOUR MIND

You're a lot stronger than you think you are. Follow these tips to break through mental barriers and unlock your potential.



Think Green

"When your workout starts to get tough, you'll hear voices in your head telling you to slow down, save your energy, and quit," says MacDonald. "Those are red-light thoughts. They will halt you completely if you don't learn how to silence them."

▶ **DO THIS**

"Fill your head with green-light thoughts, which are wholly positive," suggests MacDonald. "Repeat statements like 'I can do this' or 'I've survived worse.' That positivity will power you through anything."

RAISE YOUR STANDARDS

Nothing about Gym Jones is ordinary, including these 10 strength and endurance benchmarks. Set them as goals to elevate every aspect of your fitness.

▶ **RUN 1.5 MILES**

9:00

▶ **RUN 5K**

22:00



▶ 2,000-Metre Row

"This is a classic Gym Jones test," says MacDonald. "When you do circuits for time, you can cheat form and cut corners. This is just you and the computer: no cheating, no shortcuts—just objective feedback staring you right in the face."
DIRECTIONS Program the distance setting on a rowing machine for 2,000 metres. Try to complete the distance in less than 7 minutes.



▶ 10-Metre Murder

"This test has you face 'the moment'—the point in a workout when you either persevere or quit," says MacDonald.
DIRECTIONS Grab a stopwatch and head to a track. Set it for 1 minute and run 10 metres, resting for the time remaining in the minute. Next, run 20 metres, resting for the remainder of the minute. Keep adding 10 metres until you can't beat the clock. Your goal: 200 meters.



▶ Death by Burpee

"You don't need a gym or any kind of special equipment to take this test," says MacDonald. "All you need is a willingness to suffer and a desire to discover what you're made of."
DIRECTIONS Record the time you take to do 100 burpees, touching your chest to the floor during the pushup and jumping at the end of each rep. Try to finish faster each time you do it (every few weeks).



Make Friends with Pain

To beat your limits, you have to establish a positive relationship with pain. "When you reach your edge and push past it, you'll realise you weren't really at your edge in the first place," says Steve Portenga, Ph.D., a sports psychologist who's worked with Olympians.

▶ DO THIS

Spend time in the "pain cave," the point on the intensity spectrum that's just shy of where you'd call it quits. "That will help you adapt to discomfort," says Portenga. Any of the tests above will take you there.



Be Accountable

Gym Jones has four AirDynes, but only one is used for tests. Disciples take turns while others look on. "People would never hit their mark if they did it at home alone," says MacDonald. "No one wants to look like a failure. Accountability ensures they aren't."

▶ DO THIS

Find a good trainer or workout partner. "These people should not only motivate you to go hard but also keep you from slacking off on those days when you really don't feel like hitting the gym," says MacDonald.



Reward Yourself

For some people, the prospect of a reward is a powerful motivator, says Portenga. MacDonald agrees. When he sets a Gym Jones record, he treats himself to a burger and shake. Enjoying the reward also motivates him to hit the gym to burn it off.

▶ DO THIS

Determine a reward that excites you, such as a high-calorie meal, concert tickets, or a week off from training. Then set a goal and reward yourself when you nail it. Can't think of a goal? Pick a fitness standard below.

▶ FRONT SQUAT (1-REP MAX)

1.5x BODY WEIGHT

▶ ROW 2,000 METRES

7:00

▶ BENCH PRESS (10 REPS)

185 LB

▶ TURKISH GETUP (1-REP MAX)

50% BODY WEIGHT

▶ DEADLIFT (1-REP MAX)

2x BODY WEIGHT

▶ PULLUP ENDURANCE

15 REPS

▶ RUN 400 METRES

1:00

▶ BACK SQUAT (1X BODY WEIGHT)

20 REPS

ILLUSTRATIONS BY ANDREW COLIN BECK

tion. But Hill's idea took more than 70 years to gain traction, having been overshadowed by the more popular theory that physical exhaustion is purely a matter of cellular supply and demand.

Timothy Noakes, M.D., Ph.D., director of the Exercise Science and Sports Medicine Research Unit at the University of Cape Town, was taught the prevailing theory. When he started studying exercise physiology, he says, he was told that your muscles get tired—either because they run out of fuel or build up too much lactic acid—and that's why you stop. But no one had ever proved that muscles were getting too little oxygen or fuel. What's more, studies showed that people never recruited more than 50 percent of their muscle fibres—even during intense exercise, says Dr. Noakes. The theories just didn't seem to match reality.

Eventually it occurred to Dr. Noakes that because you activate muscle by way of your brain, your brain must also be responsible for determining how long, hard, and fast you push yourself. While Hill had been on the right track, the more research Dr. Noakes conducted on his own "central governor theory," the more the supporting evidence mounted.

To what degree can the governor in your head influence performance? Suppose you were told to pedal to exhaustion on a stationary bike while being timed by a clock. "You're also told that it would be great if you could go for an hour," Dr. Noakes says. What you're not told is that the clock is slow. "You'll find that when the clock reads an hour and five minutes, you'll stop, even though you really did an hour and a half," says Dr. Noakes. By taking this cue, your mental governor established a performance limit that in no way reflected your actual fitness level.

"Your brain sabotages your performance," says Dr. Noakes. "When you feel fatigued [during exercise], it's just an emotion. It has nothing to do with your physical state at all."

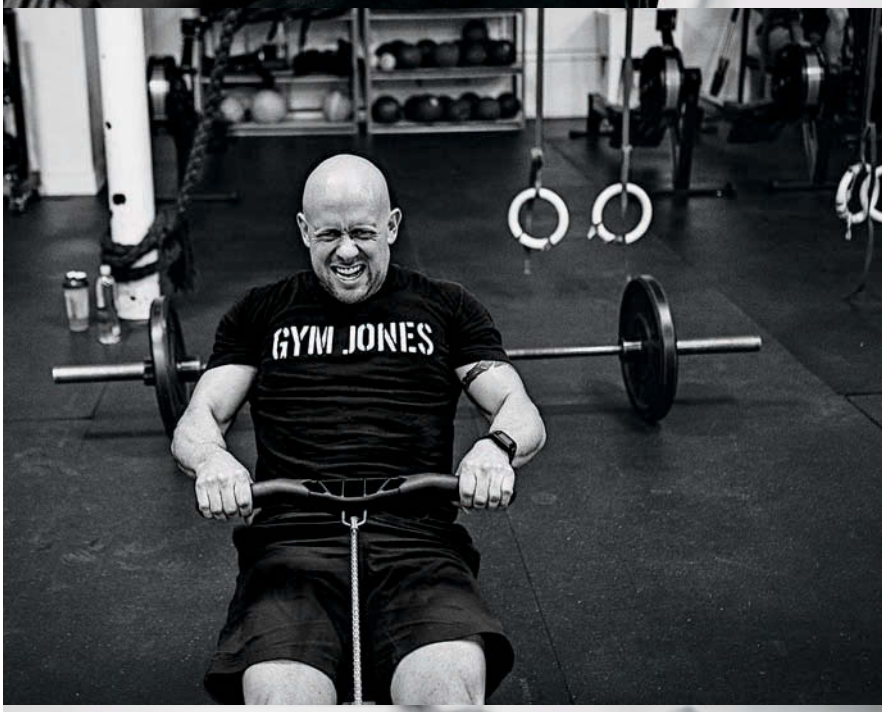
Others agree. When Brazilian researcher Eduardo Fontes, Ph.D., analysed cyclists' brain activity on an fMRI machine as they pedaled to exhaustion, he showed that emotion plays a fundamental role in performance. "We saw that the limbic lobe—the emotional centre of the brain—lit up as the intensity increased and the cyclists became more exhausted," he says. "The more active the limbic lobe became, the more emotion they tied to exertion and the more they slowed."

Your mental state, Fontes says, is behind much of the variation in your day-to-day performance. "Anyone who works out knows that training performance can differ drastically from one session to the next," he says. "Physiologically you might not have changed; what may have changed substantially is your mental state."

Fontes has found that people who are able to detach from their emotions during exercise—for example, not thinking about their panting breaths or burning legs—almost always end up performing better. "When you exercise or compete, you have to mentally process what's happening to your body," he says. "But the key is to not judge it as positive or negative; that's when your brain sets limits."

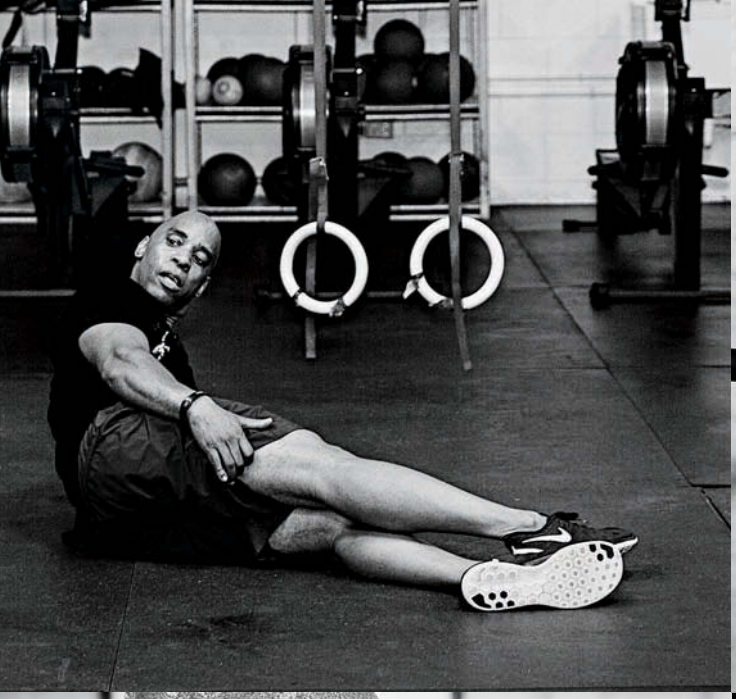
Dr. Noakes tells the story of a woman running an elite 5,000-metre race. She was about 20 metres behind first place and had mentally committed herself to coming in fifth or sixth. But as she began her final lap, she saw the clock and realised that if she could run that lap in less than 64 seconds—something she had done before—she would qualify for the Olympics. "All of



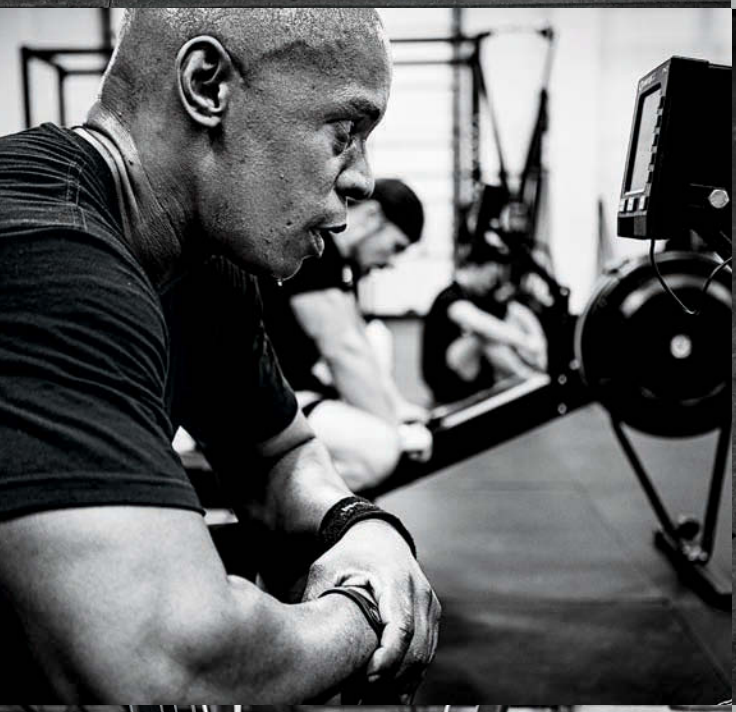




▶ **THE PAIN CAVE** Every Gym Jones workout is a test of grit. If you're halfway done and don't want to quit, you're not going hard enough.




GYM JONES









"EACH WORKOUT IS DESIGNED TO BE A MENTAL CRUCIBLE. THROUGH SUFFERING, YOU ARE ABLE TO DISCOVER YOUR TRUE POTENTIAL."

a sudden her thinking shifted and she didn't care about the race," Dr. Noakes says. "She had a new goal that mattered on a much deeper level, a goal she believed she could achieve." She hauled off, won the race, and qualified for the Olympics.

"Your biology sets your true limit, of course, but how close you get to it is determined by what you believe," says Dr. Noakes.

MacDonald specialises in that kind of focus shifting, which starts with goal setting. "If someone tells me they want to get fit, I ask, 'Fit for what?'" he says. "Fitness is task dependent; you need to map things out and set a goal, whether that's to finish a triathlon or simply to look and feel healthier."

Everyone who walks into Gym Jones—Navy SEAL or sales rep—receives a customised training program. Nothing is arbitrary. Nothing is left to chance. And the commitment must be total. "You might work hard in the gym, but are you also sleeping eight hours or more a night, eating healthfully, and foam-rolling as you watch TV?" says MacDonald. "Constant attention to your goal is how you reach the next level. And recovery is half the battle: Don't do the work if you don't have the balls to rest."

Such devotion—what disciples sometimes refer to as drinking the Kool-Aid—affects what MacDonald calls a "deep chemical change" that guarantees success both in the gym and beyond. "The swagger that comes from reaching a fat-loss target, crushing a half marathon, putting up a record lift, or passing an endurance test doesn't wash off with your postworkout shower. It lingers," he says. Indeed, a man who gives his all to break a barrier in the gym may also be fighting with the same obsessive determination in other aspects of his life: building a happy family, closing a deal, inspiring change in others.

"A breakthrough here can lead to someone being a totally different, more confident, improved person," says Twight. "We see it every day. We're seeing it right now on the AirDyne."

THE 20-SOMETHING GUY IS BACK ON THE BIKE, PEDALING savagely in another attempt at 48 calories. The seconds tick—43, 42, 41—as his face gets redder and his breathing harder.

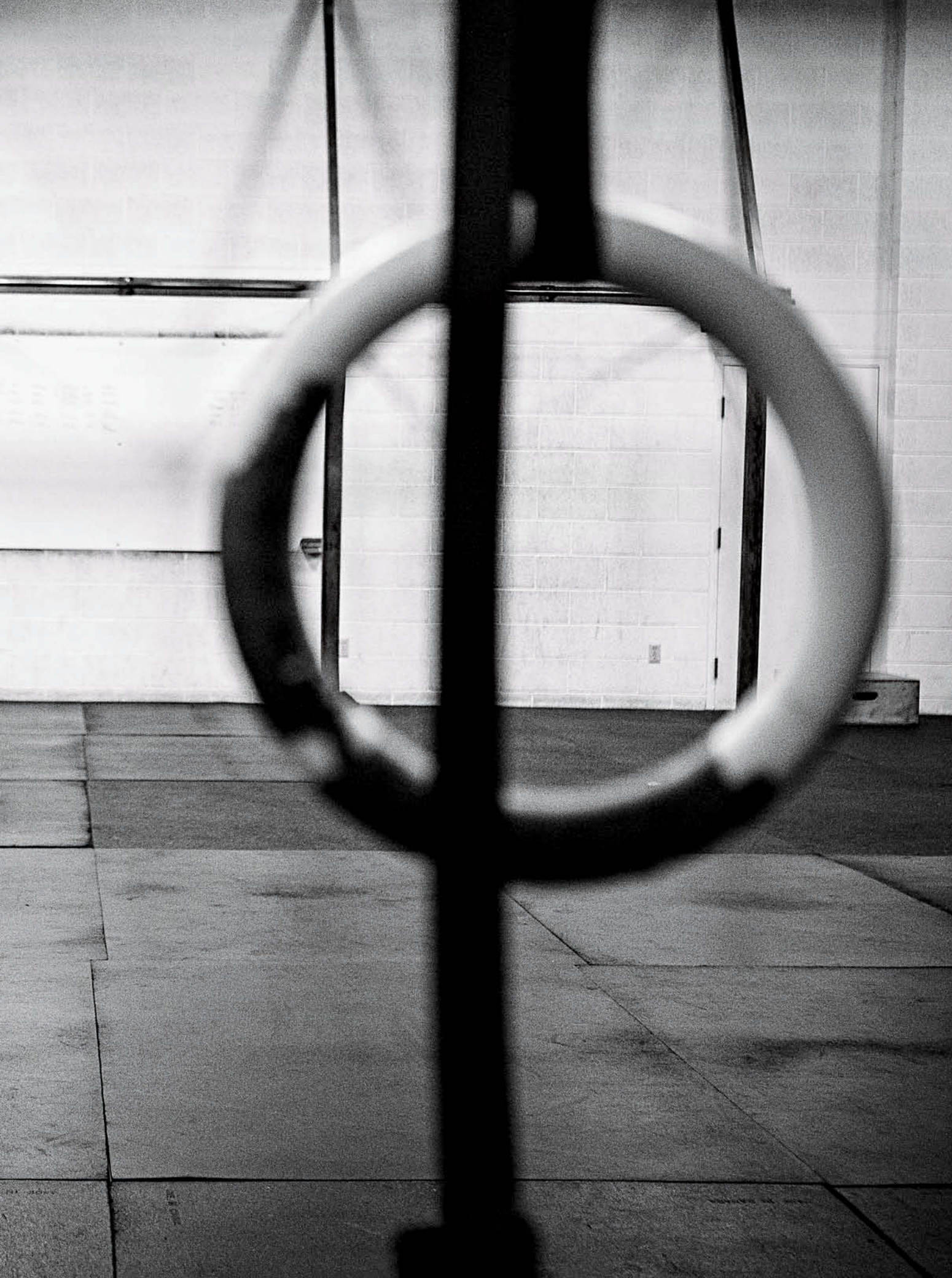
Eighteen, 17, 16...with 15 seconds to go, his face twists in agony and his eyes close as he digs deeper into the pain cave.

Three, two, one...the timer finally reaches zero and then goes blank. The man collapses heavily on the handles, gasping for air. And then, victory: "49 calories" flashes across the screen. He staggers away from the bike, smiling broadly despite the leg cramps he's probably feeling as he accepts high fives from everyone in the room.

"If you don't push your mental limits, you're just going through the motions and you will stay at a certain level mentally and physically for life," says Twight. "But if you get comfortable with discomfort, if you put yourself in a dark place and come out the other side, you can accomplish anything." You just have to believe.■



THE ROOM FOR IMPROVEMENT
MacDonald strides across Gym Jones's spartan interior, which lacks TVs, mirrors, and other distractions.



Men's Health

Jacked by Gym Jones

WARNING: THIS WORKOUT WILL MAKE YOU SWEAT, YELL, AND CURSE. WELCOME TO THE PAIN CAVE.



DESIGNED BY
Rob MacDonald, Gym Jones training director

BEST FOR
Testing your physical limits, building mental grit, and forging total-body strength, stamina, and power

EQUIPMENT
Barbell, dip station, bench, weight plates, pullup bar

CALORIES BURNED
678*

TIME
27:33

*As measured by a fit 6'3", 255 lb man using a Garmin FR70 fitness watch

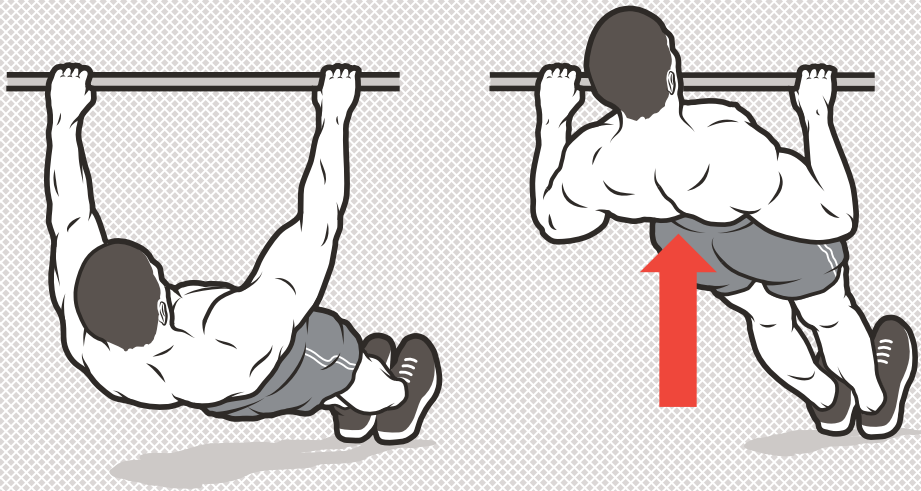
DIRECTIONS
Do this workout 3 days a week for 4 weeks. Start with the warmup, doing the moves back-to-back in a circuit (10 reps of each, 5 circuits total). Next, load a barbell (see "Find Your Perfect Weight" on the opposite page) and do the main workout. Perform the exercises as a circuit; start with 10 reps per move and subtract 1 rep in each successive circuit (10 circuits total). Rest as needed. Try to finish the workout faster each week.

1 WARMUP

BEST NEW WORKOUT September 2015

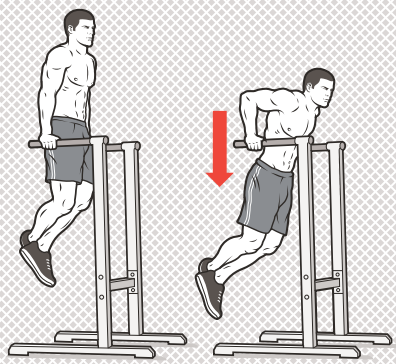
1/ Inverted Row

Set a bar at about waist height and hang below it using an overhand, shoulder-width grip. Your arms should be straight (hands directly above your shoulders), your body straight from head to ankles, and your heels touching the floor. Begin by pulling your shoulder blades back, and then continue to pull with your arms to lift your chest to the bar. Pause, and then lower your body back to the starting position.



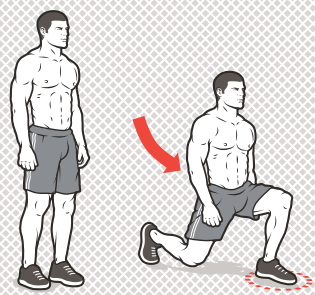
2/ Dip

Grab the bars of a dip station and lift yourself up so your arms are straight. Bend your knees and cross your ankles behind you. This is the starting position. Shift your torso forward and lower yourself as far as you can without discomfort. Pause; push back up to the starting position.



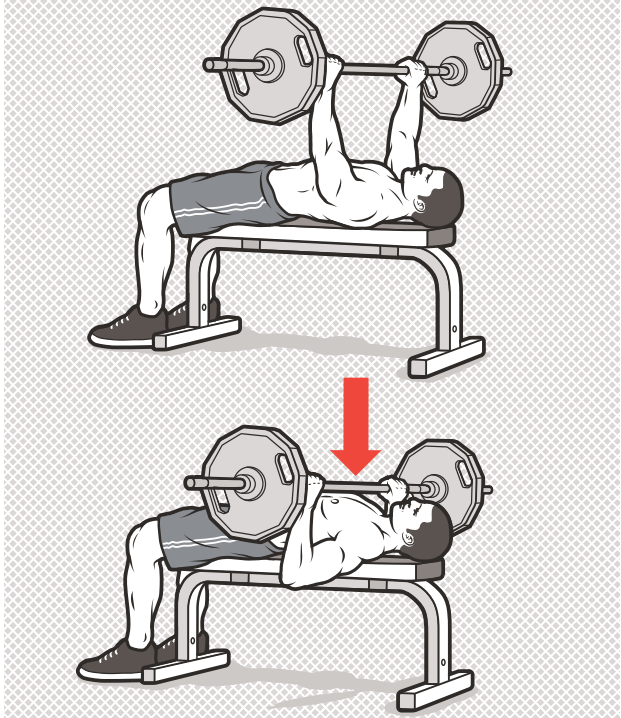
3/ Body-Weight Lunge

Stand tall with your arms at your sides. Step forward with your left leg and slowly lower your body until your front knee is bent at least 90 degrees. (Don't let your back knee touch the floor.) Pause, and push yourself back up to the starting position as quickly as possible.



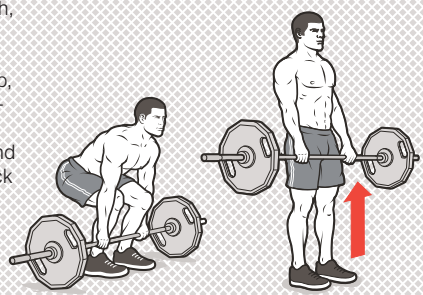
1/ Barbell Bench Press

Grab a barbell using an overhand grip that's just beyond shoulder width, and hold it above your sternum with your arms straight. Lower it straight down, pause, and push it back up to the starting position. Keep your elbows tucked so that when you're in the down position, your upper arms form a 45-degree angle to your body.



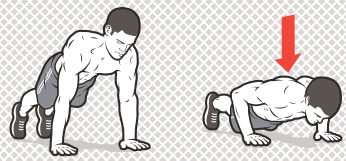
2/ Barbell Deadlift

Roll the barbell against your shins and grab it using a shoulder-width, overhand grip. Keeping your back flat, pull your torso back and up, thrusting your hips forward as you stand up with the bar. Pause, and then lower the bar back to the floor, keeping it close to your body.



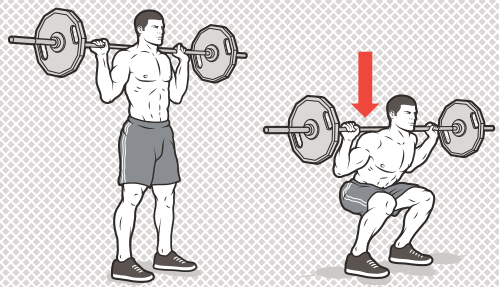
3/ Pushup

Assume a pushup position with your feet together, arms straight, and hands positioned below but slightly wider than your shoulders. (Your body should form a straight line from head to ankles.) Keeping your elbows tucked, lower your body until your chest nearly touches the floor. Pause, and return to the starting position.



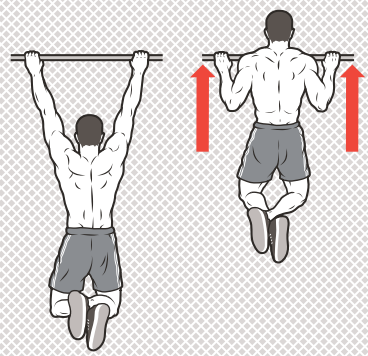
4/ Barbell Squat

Stand tall with your feet shoulder-width apart, using an overhand grip to hold a barbell across your upper back. Keeping your back flat, push your hips back and lower your body until your thighs are at least parallel to the floor. Pause, and return to the starting position.



5/ Pullup

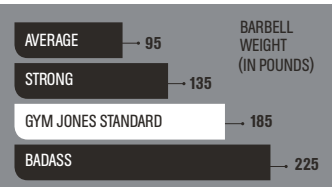
Hang at arm's length from a pullup bar, using an overhand grip that's slightly beyond shoulder width. Pull your chest to the bar, squeezing your shoulder blades together. Pause, and slowly lower your body back to the starting position.



FIND YOUR PERFECT WEIGHT

ONE BAR AND ONE SET OF PLATES IS ALL YOU NEED.

Gym Jones workouts often use the same load for every move. Why? "In the real world, things weigh what they weigh," says the gym's training director, Rob MacDonald. "If you have to push a car, pick up a heavy bag, or move furniture, you don't get a magic button that adjusts the weight for you." For this workout, select the heaviest load that allows you to complete all your sets of the weighted exercises. This chart will show you where you fall on the Gym Jones strength spectrum.





BACKED INTO A CORNER
When a man is victimised, his fury can overshadow everything else. Learn how to ground yourself.

REVENGE

You've been wronged, and the only way to right it is to make 'em pay. Before you take that tooth or eye you're owed, understand what's pulling your strings—and when you should pull back.

By Jim Thornton Illustrations by Kako P.086



"YOU GOTTA GET IT FIXED," THE REAL ESTATE AGENT TOLD ME.

to the roof. Not to worry, he said, handing me a contract and a bill for services. I forked over $400, and two weeks later a thick dossier arrived in the mail detailing every nook and cranny of the new house.

The upshot was that, structurally, everything looked good. The roof wasn't perfect, he conceded, but it had at least 10 years before any significant repairs would be necessary. He also red-flagged a few cosmetic problems but all in all nothing major.

So we bought the place. A week after we moved in, it rained hard and water soon started dripping through the dining room ceiling. By nightfall, old water stains emerged like an angry rash through the fresh paint the previous owner had slapped on. Incensed, I called the inspector, demanding he make things right. Whether he was in cahoots with the seller, I couldn't tell. But there was no question that he was legally obligated to represent *our* interests. His "inspection" of the roof wasn't just negligence—it was fraud.

Instead of denying it, he just chuckled. "Read the contract," he said. "I don't owe you sh*t."

I slammed down the phone. What little of our remaining life savings that had eluded the swindler's pocket now had to go for a roof to make the place habitable. I didn't want to buy another roof. I wanted to buy a flamethrower.

SMITE CLUB
You want to get even, but who's really going to suffer? That voice in your skull is saying something about men who live by the sword.

"But it's just a small leak," I said. "A few coats of paint will keep any water stains concealed for months."

The agent shook her head. "Selling your house with a known but undisclosed defect is against Minnesota state law. Plus, it's a rotten thing to do."

Rather than give in to my worst instincts and risk a lawsuit, I sucked it up and paid $4,000 for a new roof. Ironically, the roof looked so good it started a bidding war that ultimately recouped much more than it cost. Lesson learned, sort of.

From the ethically high-minded Midwest, my family then moved east to a new state where we found a home similar to the one we'd just sold. The owners' disclosure statement claimed no known "material defects." Still, the seller's agent recommended a home inspector buddy just to make sure. I naively figured the agent was doing us a favour.

The following week, I met the inspector at the house. He was a beefy ex-contractor in his mid-30s with a sheaf of credentials. He assured me that nothing would escape his nationally certified eye. I asked him to pay special attention

"ANY MAN I SEE OUT THERE, I'M GONNA KILL HIM. ANY SUM**H TAKES A SHOT AT ME, I'M NOT** only going to kill him but I'm going to kill his wife, all his friends and burn his d**n house down."

As much as these incendiary words have stoked my blood over the years, I can't take credit for them. Nor can the aging outlaw, William Munny, who supposedly first uttered them back in 1881 in the frontier town of Big Whiskey, Wyoming.

Like so many of our culture's most stirring declarations of revenge, the quote is born of art, not history. Film buffs know Munny as the fictional antihero played by Clint Eastwood in his Oscar-winning Western, *Unforgiven*. Similar protagonists are, of course, legion in the world of drama. From Shakespeare's Hamlet to Tarantino's unchained Django, the quest by righteous men to exact revenge is one of literature's most enduring, and bankable, archetypes.

In real life, schoolyard bullies, girlfriend poachers, scam artists, abusive bosses, scheming slanderers, and a panoply of other backstabbers lie in wait for us all, determined to improve their position at our expense. And when we fall prey to their selfish machinations, who among us hasn't prayed for Liam Neeson's *very particular set of skills* in the *Taken* movies to right the wrong in a direct and personal manner?

Blood lust well stoked may even rival other kinds for igniting powerful fantasies and triggering an intense need to experience a savagely happy ending. It's almost as if a thirst for retribution is hardwired into the male psyche.

How to Master the Mea Culpa

Messed someone around? Ruin his taste for revenge by delivering a hatchet-burying apology. Evolutionary psychologist Michael McCullough, Ph.D., offers a few pointers.

▶ Clear Your Calendar

When you're ready to convey your contrition, ask to meet at a place and time convenient for him. By showing respect, you help restore his sense of dignity, says McCullough.

▶ Say What He's Thinking

At the start of the conversation, admit that you know you were a jerk (or worse) and that you'd be annoyed too, says McCullough. No "buts" or other outs allowed.

▶ Plead 100% Guilty

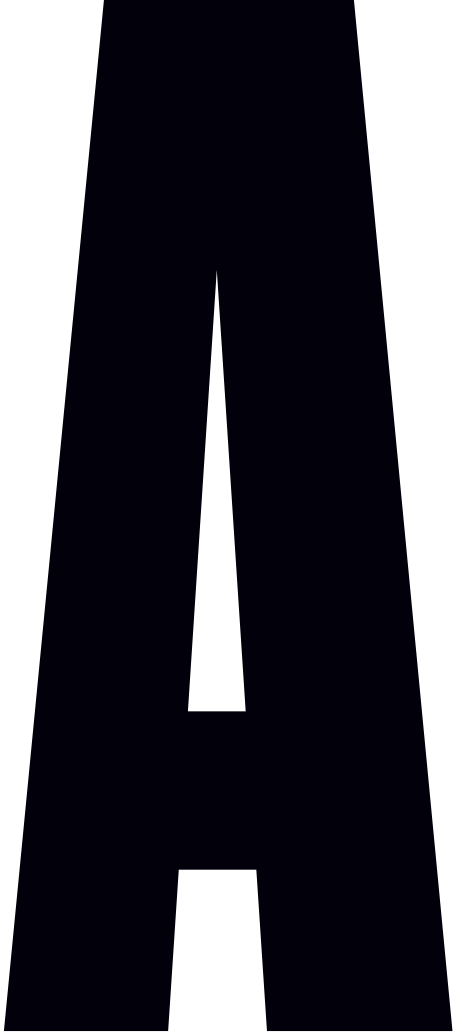
Even if there is blame to go around, you can't assign it and apologise at the same time. Make it clear that what happened was in no way his fault, advises McCullough.

▶ Mend Those Fences

Acknowledge that you've lost his trust and want to earn it back, says McCullough. First step: Offer to make him whole financially if money or property was involved. –J.T.

Icons by HUBERT TERESZKIEWICZ





ACTUALLY, THERE'S NO "ALMOST" about it. A pioneering study published in the journal *Science* in 2004 was among the first to show that the drive to seek out vengeance resides in a specific part of the human brain.

Researchers at the University of Zurich had unsuspecting guys play an economic "game" in the laboratory, all the while monitoring their brains via positron emission tomography (PET) scans. As long as the players cooperated and pooled their resources, each was rewarded with a steadily accumulating pile of cash. What the volunteers didn't know, however, was that the game was rigged.

Although there were multiple rounds of win-win play, in some rounds, a confederate working in cahoots with the researchers betrayed the trust of his partner, enriching himself at the expense of the group. Predictably, this provoked a strong desire for retaliation by the cooperative players, who suddenly realised that the jerk had played them all for suckers.

The researchers then offered each good guy a chance for payback, explaining he could "punish" the cheater. The PET scans of players with a strong desire to punish displayed an intense surge of activity in an evolutionarily older brain area known as the dorsal striatum. Research has linked the dorsal striatum to reward processing. No wonder the anticipation of revenge seems so sweet and seductive: Our brain circuitry is designed to find it so.

But how far will we go for this neurochemical hit? In an ingenious twist, the researchers gave the volunteers an opportunity to take revenge, but they would have to pay a price for the pleasure of meting out justice. Each slighted guy could pony up his own money in order to see the cheaters suffer. Despite the cost to themselves, the participants' striata still lit up. Now, however, activity surged in a second brain region as well: the medial prefrontal cortex, or MPFC. This part of the brain is a much newer evolution—one associated with the cognitive evaluation of costs and benefits.

The ancient striatum seems to drive our passion for revenge, while the more recent MPFC raises intellectual doubts about whether it's worth the effort. As helpful as this check-and-balance system can be in guiding the right decision, the two brain regions don't carry equal weight. The researchers found that in the men with high levels of dorsal striatum activation, the appetite for retribution was stronger, overriding the counsel of the rational MPFC.

NEUROSCIENTISTS AREN'T THE ONLY ONES WHOSE investigations into the science of revenge have begun encroaching upon, and fundamentally revising, a field long ceded to theologians and moral philosophers. In fact, over the past two decades, researchers in disciplines as disparate as evolutionary biology, criminal justice, social psychology, and even game theory have started to converge on a surprisingly coherent picture of the role revenge plays in our lives.

"To outside observers, revenge today often looks pointlessly destructive," acknowledges psychologist Michael McCullough, Ph.D., the director of the Evolution and Human Behavior Laboratory at the University of Miami. "But the desire to seek revenge is as natural to human beings as grief, happiness, fear, and hunger. The instinct for it has been crafted by natural selection because of the critical problems it solved as our species was evolving."

For our hominid ancestors, these solutions included direct deterrence (if someone harms you or a loved one, retaliation reduces the chance they'll do it a second a time); establishing and honing a vengeful rep (those famous for unflinching payback project a clear "Don't tread on me" message that discourages bad actors from even a first offense); and the "moralistic enforcement" of norm violators (punishing cheaters, freeloaders, and other deadbeats makes them pay a price for their selfishness and ideally teaches them to become team players).

CALL OFF THE WOLVES
You are the master of your emotions. Keep a leash on revenge, and then try your best to forgive.

Humans are not alone in benefiting from revenge's social solutions. "When you scratch off the veneer of philosophy," says McCullough, "we're finding that revenge works pretty much the same way in many group-living animals, from chimpanzees and crows to wolves and dolphins." For these other highly social species, too, revenge is a necessary tool, one that serves the group by protecting individuals from victimisation.

But even the most adaptive of tools can sometimes outlive its usefulness when job requirements change. Unlike wild animals whose group dynamics, preferred habitats, and means of livelihood have evolved little over the millennia, we live under circumstances today that would be unfathomable to our ancestors in the Pleistocene Epoch.

"When 'legitimate' citizens—that is, noncriminals—are wronged in modern societies, there's no need for them to take the law into their own hands," says Volkan Topalli, Ph.D., a professor of criminal justice and criminology at Georgia State University. "Instead, they have an interconnected network of formal remedies available to them."

Ideally, at least, the cops will deal with the bad guy for us, and a judge will assess any civil or criminal penalties he deserves. In best-case scenarios, this allows us to see the offender punished at zero personal risk.

We are, however, deprived of one thing that pissed-off Pleistocene folks enjoyed and that many of us still crave: the visceral pleasure of doling out vengeance directly. Perhaps it's no surprise that not everyone resists this primal call for blood. Some, in fact, will opt for the most extreme form of score settling: Researchers estimate that 10 to 20 percent of all homicides worldwide are motivated by revenge.

"Revenge is as natural as hunger."



THE MORE I RUMINATED ABOUT HOW I HAD BEEN RIPPED off by a "certified" professional, the worse I felt—filled with bottomless rage and somehow emasculated too. I tried telling myself that karma would get him in the end. I tried blowing off steam at the gym. Neither strategy worked. So I did what men are supposed to do in civilised society: I called a lawyer.

After reviewing the contract, he pointed out some fine print that absolved the inspector from any negligence claims. "You can sue him," the lawyer said, "but the contract is clear. You won't get a dime."

At this, the veins in my temples must have begun twitching like worms on a hot sidewalk. Noting my reaction, the lawyer said, "Look, it doesn't make sense for you to pay my hourly rate, but I know one guy who might take your case on a contingency basis. You only pay him if he gets you some money."

That afternoon, I reached out to this other lawyer—call him Spike—and explained my predicament. "I *hate* cockroaches," Spike said. I knew I'd found a champion.

At the hearing a month later, the home inspector showed up with his own lawyer, both of them smirking. The inspector's lawyer argued that the contract was clear; under no circumstances was his client obligated to pay for any mistakes he may or may not have made. Spike countered that mistakes are different from intentional fraud. Amazingly enough, the judge agreed with Spike and ruled in our favour. He ordered the inspector to return my $400 plus half the cost of a new roof.

I feared my jaw might break from beaming. In the short-lived ecstasy that followed, I ventured a quick look in the direction of my nemesis. As the oft-quoted saying goes, "It's not enough that I succeed—others must fail." Alas, all hope that the villain's misery might further stoke my joy evaporated the second I saw his face. His insufferable smirk hadn't disappeared but rather just seemed smirkier than ever.

"Maybe you 'won,'" his lawyer said, adding air quotes for emphasis, "but you'll never collect. My client's 'judgment-proof.'" I didn't know the phrase but instinctively found it loathsome. Spike described the tricks some scammers use to shield their assets. The inspector overheard and openly chortled. The urge to grab his throat was nearly overwhelming.

Spike put his hand on my shoulder. "Don't worry," he said. "I haven't given up."

Three months later and with no further word from Spike, I figured he finally had. The fraudster's smirk continued to chase away my sleep and fuel fantasies of less civilised payback.

MAKING THINGS EVEN WORSE WAS MY SENSE THAT MY NEMESIS WAS NO LONGER thinking about me at all. The fiscal harm he'd caused was compounded by images of him skipping merrily through life while I remained obsessively waylaid in anger and bitterness.

Transgressors and victims tend to have wholly different interpretations of the amount of damage an injurious act causes. Their "no big deal" can be very big indeed for the wounded party. In a study published in *Basic and Applied Social Psychology*, participants were asked to describe times when they'd been victims and victimisers. "When we harm someone else, we tend to downplay it and distance ourselves from the seriousness of our transgression," says study author Arlene Stillwell, Ph.D. "On the other hand, when we're harmed in the very same way, we see ourselves as victims of a grave injustice."

This "magnitude gap" in perception, she argues, makes it very difficult to hit the retaliatory sweet spot wherein both avenger and transgressor agree the punishment fits the crime. "In light of these findings," says Stillwell, chair of the psychology department at SUNY Potsdam, "it's understandable why vendettas take place. Both sides come to see themselves as victims, and each seeks an equitable solution. But what one believes to be fair, the other sees as excessive. The result can be an escalating cycle of revenge."

As my dorsal striatum tantalised with delicious images of me hurling cinder blocks through my enemy's living room window or turning my new flamethrower on his car, my MPFC questioned whether this would trigger him to retaliate in an even more violent way, putting not just me but my wife and young sons in harm's way.

Certainly, resisting the urge to pull a William Munny was the sane course of action. For a guy like me, it's hard to see vigilantism as anything but lunatic—I may not have had much, but I still had too much to lose.

So why did heeding my MPFC leave me feeling so crazed?

Indeed, an influential 1948 report in the *American Journal of Psychoanalysis* was among the first to identify unfulfilled thirst for vengeance as a particularly potent trigger for mental disorders and aggressive outbursts.

"The author argued that this takes over the weak-minded and wreaks havoc on their psyches," explains McCullough. If not acted upon, it could consume a whole lifetime, leaving you literally sick with bottled-up misery.

THE PSYCHOLOGICAL TURMOIL EXPERIENCED BY MYSELF and others who are equally "weak-minded" would seem to argue for the need to deliver some kind of retributive strike, though not illegal in nature. And of course, of all the pithy platitudes revenge has inspired, none is spouted more frequently than this: Revenge is sweet. But is it really?

In a much cited 2008 study in the *Journal of Personality and Social Psychology*, researchers from Colgate, Harvard, and the University of Virginia found evidence that revenge may look sweet only in anticipation—that it's rarely so delectable in execution. "It's actually fairly common to mispredict the intensity of our future emotions," explains Timothy Wilson, Ph.D., a professor of psychology at UVA. "But revenge is unusual in that we actually get it backward: People given the chance for payback think it will make them feel good, but most actually feel bad afterward."

Using a variation on the economic game the researchers in Switzerland had employed, Wilson and his colleagues randomly assigned volunteers to two groups and then arranged for them each to be "stabbed in the back" by a confederate. Those in the "no punish" group were thanked for their service and asked to rate their mood. Those in the "punish" group were asked to predict how good they thought their revenge would feel; then, after they carried it out, they were reinterviewed about the reality.

"In our study," says Wilson, "we couldn't find evidence that there was any enjoyment of it. In the group that was able to punish, almost everyone's mood and emotions actu-

Retreat from Retribution

Maybe some jerk cut you off on the highway or a colleague cut you out of a plum project. Whatever you've suffered, use these tools to help yourself walk (or drive) away from revenge.

▶ Fill Up Your Think Tank

Your brain is 2 percent of your body weight but uses about 20 percent of your daily calories. The MPFC (medial prefrontal cortex), which governs emotion, is especially voracious, says Brad Bushman, Ph.D., a professor of psychology at Ohio State. If the idea of revenge starts to feel irresistible, gulp 4 ounces of fruit juice to send a surge of glucose to your MPFC.

Payback can make you feel worse.

ally declined afterward." The "no punish" group, by contrast, showed no such mood dips.

The researchers found that revenge stokes rather than quenches a person's sense of victimisation. "Those given the chance to act revengeful," says Wilson, "tended to keep ruminating about what a jerk the guy was. But those who had no chance to respond found other ways to minimise it and move on." As Sir Francis Bacon noted more than three centuries earlier, "A man that studieth revenge keeps his own wounds green, which otherwise would heal, and do well."

To researcher Mario Gollwitzer, Ph.D., a professor of social psychology at Philipps University of Marburg, Germany, it's not surprising that revenge so rarely feels the way we think it will. His proposed "understanding hypothesis" suggests that revenge has a more complex, functional purpose beyond the mere equalisation of suffering. It is, in fact, less concerned with punishing past wrongs than it is with effecting positive changes in a transgressor's future behavior toward those he's wronged. In a series of studies from 2009 through 2015, Gollwitzer and his colleagues have shown that three ingredients are needed to make revenge "work."

"When the timing is right, the level of retaliation matches the level of the initial provocation, and the harmdoer 'learns' that his behavior was wrong," says Gollwitzer. "Only then do avengers feel satisfied and triumphant about their retaliation."

McCullough agrees, adding that true remorse sets the stage for the next step in repairing a damaged social relationship. "What the human mind really hopes to get from punishment is a positive change in the offender's behavior toward the victim," he says. Once this happens, he maintains, a second adaptive instinct can kick in: forgiveness.

LAWYER SPIKE CALLED THE MORNING OF CHRISTMAS EVE.

"I got him," he said. "I got the cockroach."

Spike explained that he'd mailed a copy of the judge's ruling to every bank in the state. "I figured he had to have a concealed account *somewhere* to process checks and pay his secretary," Spike said. "And I was right."

In an obscure little bank deep in a rural part of the state, the fraudster had just enough money squirreled away to satisfy the judgment plus Spike's well-earned contingency fee.

"Merry Christmas!" he said.

It had been months since I'd last seen Spike. But in my mind's eye he now looked like a dead ringer for Clint Eastwood in ramrod chaps. I thanked him, hung up, and sped to the mall. What had looked to be our most Dickensian Christmas ever was now, thanks to revenge by proxy, the stuff of a Hallmark TV special. I splurged on presents for my wife and young sons, 2 and 6. As for me, no presents necessary: I'd just received the best gift of all—the image of a jerk's smirk turning upside down.

At 9 that night, with the kids finally in bed and gifts wrapped beneath the tree, the phone rang again. My heart sank—I was certain Spike was calling to report that some new legal tech-

▶ Delay, Relax, Distract

Many guys try to dissipate anger through cathartic acts, like swearing. Save your breath. Bushman says indulging your aggression will fuel the vengeful fire inside. He suggests a three-pronged calming strategy: Delay (count to 100), relax (take some deep breaths and meditate), and distract (work on a puzzle or read).

▶ Fight Mad with Glad

"It's impossible to experience incompatible emotions at the same time," says Bushman. Petting a dog, helping a friend with a task, kissing your wife—these are all antithetical to anger. "Research has shown since the late '70s that empathy, humor, and mild arousal can all reduce anger," adds psychologist Arlene Stillwell, Ph.D.

▶ Just Look at Yourself

Ask a stranger whether your rage is rational, and he'll likely say no. But playing the part of the stranger is even more powerful: Be the fly on the wall, says Bushman, and see yourself through the eyes of an objective observer. This helps remove emotion from the equation and shows that revenge won't bring satisfaction. –J.T.

YOUR VENGEFUL BRAIN

In the milliseconds after you've been hurt by someone, a complex series of reactions begin inside your mind that will influence whether you opt for retaliation or restraint.



01 Dorsal Striatum
When you're unjustly harmed by somebody, the prospect of payback activates this reward-processing region, making revenge seem sweet. It's the primal part of you that suggests coldcocking the creep.

02 Medial Prefrontal Cortex
The MPFC is your brain's cost-benefit analysis centre. When the payback has risks (your enemy is stronger than you, say, or the cops might arrest you), it helps you figure out if getting even is really worth it.

03 Fronto-Insular and Anterior Cingulate Cortices
These empathy areas light up whenever we see a good person unjustly punished. In men, but not women, these regions remain dark when we witness bad guys get what's due.

04 Nucleus Accumbens and Orbito-Frontal Cortex
When we see the guilty punished, these two reward-processing centres become activated—more so in men than in women. We actually enjoy the villain's suffering.

nicality had arisen. But it wasn't Spike, just an enraged stranger screaming death threats at me. "Who is this?" I asked between his obscenities and invective. "I think you've got the wrong number."

He didn't. It was the home inspector, who'd moments earlier discovered his bank account drained and hit with bounced-cheque fees.

"How could you do this, you f**ing b****rd?" he shrieked. I reached over and switched on the digital recorder I use to tape interviews for my job.

"I'm legally required to inform you," I said, trying to keep my voice calm, "that I'm taping this conversation." Then, with heart pounding, I awaited his next threat.

THE BURGEONING "POSITIVE PSYCHOLOGY" trend of the late 1990s saw researchers beginning to document how beneficial forgiveness can prove to victims of injustice, allowing them to escape the anger, depression, and anxiety that so often accompany persistent grudges and unrequited revenge. This association, in turn, helped spawn a new form of counseling: "forgiveness therapy"—the focus of McCullough's own early research efforts.

"I was trying to understand what helps people forgive," he says today. "I thought this would be a cool thing to know how to do, something that could maybe even make the world a better place. Many researchers in counseling psychology and social work were trying to figure out how to *make* forgiveness happen."

But by 2000, McCullough began to have doubts about the now deeply entrenched "medical model." If forgiveness is so therapeutic, he wondered, why is it so difficult for so many wronged people to manage? What if forgiveness is not a cure but rather another adaptive trait, one that natural selection has favored because of the social problems it can help solve?

In his book *Beyond Revenge: The Evolution of the Forgiveness Instinct*, McCullough describes how research by primatologists, anthropologists, and evolutionary biologists began to dovetail on a central conclusion: Just as with the revenge instinct, a forgiveness instinct is not only universal in human groups but also widespread throughout the animal kingdom.

Primatologist Frans de Waal published data indicating that among chimps and other great apes, for instance, friendly behavior, such as kissing, touching, and embracing, is actually more common after aggressive conflicts than in times when everything is copacetic. The same kind of rift mending occurs in goats, sheep, dolphins, and hyenas. "Of all the half dozen or so nonprimate species studied so far," says McCullough, "the only one lacking a conciliatory tendency is the domestic cat, something that will probably come as no surprise to cat owners."

The instinct for forgiveness, however, is hardly indiscriminate. As De Waal's "valuable relationship" hypothesis has shown, wronged individuals don't treat all transgressors equally. After all, it makes no sense to squander energy trying to reform a recidivist villain who either won't improve his treatment of you or has nothing to offer you even if he does. Better to just avoid future contact with him altogether.

But what about an offender who can be taught the error of his ways and who, moreover, has plenty to offer if you can recalibrate his opinion? Within our ancestral groups, a self-centered bully, for instance, might also be a skilled hunter. If you could change his estimation of you, in the process converting him to an ally, the upside potential far outweighs the benefits of killing or maiming him.

It is not an easy trick to pull off. You must earn the offender's respect through displays of anger and a believable willingness to retaliate, convince him there's more upside to having you as a friend than an enemy, and be willing to forgive and forget—if and only if he shows genuine remorse and desire to mend the rift. All the while, you must be keenly aware of signs he's playing you for a sucker.

ONE OF THE INADVERTENT DRAWBACKS TO MANY modern justice systems is that they remove the opportunity for direct interpersonal resolution of harms. Even the most sincerely contrite transgressors, for example, are loath to apologise, fearing this will only open them up to greater liability.

When the state does assess civil and criminal penalties on a victim's behalf, it can satisfy some of our desire to see a bad guy punished. But it does little to give us what we've evolved to want most: the kind of resolution that comes only when our transgressors demonstrate true understanding of and contrition for what they have done to us.

This need to make victims truly whole, says McCullough, is one reason the "restorative justice movement" is fast catching on in the United States, Canada, the U.K., and New Zealand. As an adjunct to, not a replacement for, standard criminal justice systems, it's helping many victims accomplish what forgiveness therapy could not bring them: a way to move past their hurt and unresolved anger.

"Restorative justice," says McCullough, "provides a venue where a willing victim can meet face-to-face with a willing offender who wants to offer an apology." The human mind is well-tuned to cues of sincere contrition and self-serving falsehood. But when it detects the former, the impact can be transformative.

"It's what we seem to need," McCullough says, "for true forgiveness and reconciliation to occur."

FOR NEARLY A MINUTE, I COULD HEAR NOTHING but silence on the phone line. I wondered if the inspector had gently hung up and was now driving over with a baseball bat. What happened next was the last thing I expected.

"It's Christmas, man," he said, his defeated voice breaking the silence. "I got little kids, and now I can't give them nothing. I can't even pay for heat."

In this pathetic moment, I saw this guy for what he was—not a supervillain, just another garden-variety schmuck of the sort found in every corner of the earth. Schmuckier than me, at least by my estimation, but I could no longer maintain any illusion that we were of separate species. I heard a stifled sob, and at that moment the joie de revenge I'd been trying to amplify all day turned sour in my throat. I didn't know what to say, and after five seconds of silence, I just hung up. As Christmas Eve ticked over to the wee hours of the morning, I couldn't sleep, partly because of feelings of guilt, but also due to a building sense of dread that there might be still more twists to come.

That afternoon, I turned over the recording to Spike, who contacted the inspector's lawyer, who must have talked some sense into his client. Any vestigial paranoia about his violent payback gradually faded over the next few months.

In the 19 years since all this transpired, I've neither seen nor heard another word from this man who both wronged me and felt wronged by me. On the rare occasions when I think about his fate, I wish him more good than sorrow. Who knows what, if anything, he might now wish for me? Both of us, I realise today, shared the same instinct for revenge. Perhaps the same holds for forgiveness too. ■

FOOTNOTE:

While the situation detailed in this story occurred in the US where the legal system differs from those in the GCC region, the core message remains. Seeking retribution through official channels is far better than finding it in other ways. Don't let ideas of revenge consume you, and trust the legal processes.

"If forgiveness is therapeutic, why is it so difficult?"




¡PICANTE!
¡SABROSO!
¡AUTÉNTICO!
Now That's



a Taco

AN AMERICAN TACO IS LIKE A BOUNCED CHEQUE: FRAUDULENT IN EVERY WAY. WE SENT OUR GUY TO MEXICO IN SEARCH OF HONEST STREET FOOD, AND IT BLEW HIS TASTEBUDS AWAY. MAKE SOME AT SU CASA ESTA NOCHE.

By Todd Kliman Photographs by James Wojcik P.97



M

My heart is racing. My hands are shaking.

I've been throwing back multiple drinks 2 miles above sea level in a tiny cantina in Mexico City, so that probably has something to do with it. But my feverish state can also be explained by the taco I'm struggling to hold. It's an astonishment—a taco that makes me wonder what it is I've been eating for the entirety of my life and calling a taco.

The tortilla, made from fresh masa—a dried-corn dough—and lifted moments ago from a griddle, is as rough and hillocky as the surface of a Neapolitan pizza. It tastes like roasted corn. The beef, cooked for five hours, is so tender you could spread it. The three salsas on the table are so complex and intense that I feel as if I'm tasting elixirs made from vegetables.

"It's good, no?" says my gustatory guide, Alejandro Escalante. He's a noted taco scholar (his book, *Tacopedia*, is now available in both Spanish and English editions), and he also happens to own the joint.

In response, I curse all tacos that have come before this one.

Escalante laughs. Easy for him: In Mexico City, great tacos are everywhere. You can find them in high-end restaurants and on street carts. Kids zip through the city on bikes, tacos sitting atop woven baskets mounted on the handlebars. The taco is a fixture of nearly every meal—breakfast, lunch, and dinner. It's almost inescapable. And you don't *want* to escape it.

What you do want to escape is the sad taco landscape in the United States. I wish I were just talking about fast-food tacos. If you do happen to find a stateside restaurant that uses corn tortillas rather than the flour variety, chances

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▲

STREET MEATS
Mexico City cranks out countless tacos. They may be fast food, but a lot of time goes into preparing the fillings.

are they're dry, flat, tasteless Frisbees. Salsas are often watery and bland. And while the upscale tacos at trendy Mexican restaurants may be more refined, they're not much more satisfying. Ask anyone who has ever shelled out $17 for two mushy lobster tacos on pleather tortillas made with squid ink.

The taco, for Escalante, is the embodiment of centuries of Mexican history, culture, and culinary tradition. But when pressed, he will reduce the transcendental taco to a trio of things: the tortilla, the filling, and the salsa.

ON A COOL, BREEZY AFTERNOON I FOLLOW ESCALANTE TO A TORTILLERIA near his restaurant. The shop has a mill for grinding and a machine that resembles an old printing press, which stamps out tortillas in assembly-line fashion. The tortilla maker pinches off a wad of masa and hands it to me. The masa is as yellow as buttery cookie dough. It has a smooth texture, though with a pronounced graininess, as if it contained finely ground nuts.

In the United States, octopus tacos might be easier to find than masa. This dough incorporates lime, a mineral compound that helps soften the grain. But you can find masa harina, a preground powder you mix with water—a shortcut, like making burgers from preground patties. Making your own tortillas takes time, but the effort pays off in flavour.

Escalante pulls a cooked tortilla off the belt and hands me a shaker of salt. The warmth and the salt release the deep, nutty corn flavour. I'm reminded of hot, salty popcorn. Escalante delights at the comparison. It was his ancestors, after all, who invented popcorn some 6,000 years ago.

"It's fast food, yes," says Escalante, "but everything that goes into it is not fast. It is slow and takes time and care to make delicious."

"THERE ARE THREE PARTS TO THE TACO. I CALL THAT THE HEART OF THE TACO. IF ALL THREE PARTS ARE GREAT, THEN YOU HAVE GREATNESS."

EACH FRIDAY IN MEXICO CITY, TAQUERÍAS BREAK out the al pastor, a marinated meat taco filler, and the fragrance in the streets is irresistible. Guys in suits, construction workers, tourists: They're all here for a fix. To look at the al pastor meat rotating on its vertical spit, you would think you'd wandered into a gyro shop. The offerings I sample aren't particularly juicy, but here's the thing: They have great char. It's the flavour of an outdoor cookout, suggestive of grilled burgers or thick, crusty steaks.

Later I encounter a similar though elevated smokiness at El Hidalguense. The restaurant's owner, Moisés Rodríguez, has a farm two hours from the city; there he butchers lambs and roasts them for eight hours in a pit covered with agave leaves. The meat is incredibly juicy and coats my tongue with richness. Though it's not a stew, you could eat it with a spoon. And perfuming it all is the smoke of the charred agave, which gives the meat a subtle pepperiness.

And then it dawns on me: The problem with the meat in U.S. tacos isn't the quality; it's that the meat doesn't have those delectable Mexican *ahumada* and *húmeda* qualities—smoky, moist goodness.

¡TAN FÁCIL COMO UNO, DOS, TRES!

Construct the Ultimate Taco!

You can experience smoky, meaty, tangy, life-changing tacos at home by embracing the flavour traditions of authentic Mexican cuisine. No taco seasoning packet required.



Pickled Red Onions
In a pan on low, toast ½ tsp cumin seed 4 to 5 minutes. Grind to a powder; mix in ½ sliced red onion, 1 tsp each white balsamic and red-wine vinegars, salt, and pepper. Soak 20 minutes.

Cotija
If you like your tacos with a touch of creaminess, try this cow's-milk cheese. It carries a tart, salty taste, like feta minus a bit of the funk. Just crumble the cheese with a fork.

Mexican Oregano
This dried herb packs more pungency than the Italian and Greek versions. Buy a bag and crush the leaves over tacos for an intense aromatic hit.

SUPERIOR SALSA

½	CUP CANOLA OIL
1	DRIED ANCHO CHILE, STEMMED AND SEEDED
1	DRIED GUAJILLO CHILE, STEMMED AND SEEDED
2	DRIED CHILES DE ÁRBOL, STEMMED AND SEEDED
1	TOMATO, DICED
½	MEDIUM WHITE ONION, DICED
2	GARLIC CLOVES, ROUGHLY CHOPPED
½	CUP UNSALTED PEANUTS

PEANUT SALSA

1/ In a large skillet, heat the oil on medium. Add the dried chiles and cook until sizzling and aromatic, about 1 minute. Remove and set them aside.

2/ In the same skillet you used to cook the chiles, add the tomato, onion, garlic, and peanuts. Cook, stirring frequently, until the onion turns translucent, 2 to 3 minutes. Strain out the solids, reserving the oil, and allow them to cool.

3/ In a blender or food processor, add the reserved chiles and strained solid ingredients, plus 5 Tbsp of the reserved cooking oil. Blend, gradually adding up to ½ cup of water until the mixture is thick but still spoonable. Season with salt to taste. *Makes 1¾ cups*

The salsa should keep in your refrigerator for up to a week. Any leftovers also work well as a blanket for enchiladas or as a marinade for grilled chicken or lamb.

¡PRONTO!

In a blender, pulverize 2 chopped jalapeños, 6 chopped tomatillos, ½ chopped white onion, ½ chopped avocado, 1 Tbsp chopped cilantro, the juice of ½ lime, and up to ½ cup water. Stir in another ½ chopped avocado; add salt to taste. *Makes 3½ cups*







PHOTOGRAPH BY JAMES WOJCIK

PERFECTLY CHARRED MEAT

2	DRIED GUAJILLO CHILES, STEMMED
2	GARLIC CLOVES
½	MEDIUM WHITE ONION, ROUGHLY CHOPPED
1	TSP DRIED MEXICAN OREGANO
1	WHOLE CLOVE
½	TSP GROUND CINNAMON
6	BLACK PEPPERCORNS
1	LB TRIMMED CHICKEN BREAST, CUT INTO ½"-THICK SLICES

GRILLED CHICKEN TACOS AL PASTOR

1/ In a medium pot, add 2 cups water along with the chiles, garlic, onion, oregano, clove, cinnamon, and peppercorns. Add a big pinch of salt. Bring everything to a boil and then lower the heat to a simmer and cook 15 more minutes.
2/ Allow the mixture to cool and then transfer it to a blender or food processor and blend until smooth. Strain and season with salt to taste. Now pour it into a zip-top bag and add the meat. Let it marinate in the fridge for at least 3 hours.
3/ Preheat your grill to direct, high heat. Remove the meat from the marinade and grill until well seared and charred on all sides, about 2 minutes per side. Allow the chicken to rest 5 minutes.
4/ To serve, chop the grilled chicken, divide it among your tortillas, and top with chopped white onion and cilantro. *Makes 8 servings*

¡RÁPIDO!

'Shroom tacos: In a skillet on medium, heat 1 Tbsp oil. Add ¼ cup minced onion, 1 minced garlic clove, and 1 minced serrano. Cook 2 minutes. Add 1½ cups sliced mushrooms. Sauté 5 minutes. Stir in 1 diced tomato, salt, 1 Tbsp minced cilantro.

HOMEMADE TORTILLAS

2	CUPS BOB'S RED MILL GOLDEN MASA HARINA
¼	TSP KOSHER OR SEA SALT
1½	CUPS WATER
1	LARGE ZIP-TOP BAG, CUT ALONG BOTH SIDE SEAMS

MASA HARINA TORTILLAS

1/ In a bowl, mix the masa harina and salt. Then add up to 1½ cups water until the dough is a soft putty—moist but not wet, compact but still pliable.
2/ Work the dough—push, fold, repeat—until it's smooth, about 5 minutes. Pinch off 12 pieces (each about the size of a golf ball) and cover them with a towel. Place a piece on one side of the zip-top bag. Fold the other side over the dough and press firmly until you form a thin, even pancake about 6" in diameter. Remove and set aside, covered. Repeat with the remaining dough.
3/ Heat a cast-iron skillet on medium. When it's hot, add a dough disk, pressing it firmly onto the surface. Cook until the edges lift, about 1 minute; flip and cook 1 minute. Flip again, pressing the tortilla into the pan, and cook until puffed, 30 seconds or so. Transfer to a plate and season with salt. Repeat. Serve immediately or, to reheat, wrap them in foil and warm in a 250°F oven. *Makes 12 tortillas*

¡ÁNDALE!

No time to knead? Buy corn tortillas from the store and prep smart. Slap a tortilla on a dry skillet and cook until it's pliable and puffed, turning every 10 seconds, 40 seconds total. Then lightly brush it with canola oil and season both sides with salt.

The taco's roots are ancient. Smoking meats over fire or subduing them slowly over time in a sauce—this is what the ancients of Mesoamerica did. It's no wonder that these methods, time-tested over centuries, would produce the most satisfying fillings.

THERE ARE CERTAIN INALIENABLE TRUTHS in Mexico City. The smog is a permanent low-lying cloud. Unlicensed cabs are a menace. And great salsa is everywhere.

One night I stop at a street cart for a nightcap taco, drawn by the aroma of sizzling longaniza, a rich, spicy sausage. On the cart, free for generous spooning, is a massive bowl of green salsa—a mixture of ground tomatillos, onions, cilantro, and avocado. I'm full from dinner, but the salsa is a jaw lubricant, its fresh acidity and liveliness making it possible for me to enjoy another bite, and then another.

Most taco slingers in Mexico City are pressed for time and mindful of their overhead. But salsa ingredients—chiles, tomatoes, onions, tomatillos, and cilantro—are abundant and cheap, and a big batch can be produced quickly. So salsa is a universal resource, the rising tide that lifts all tacos.

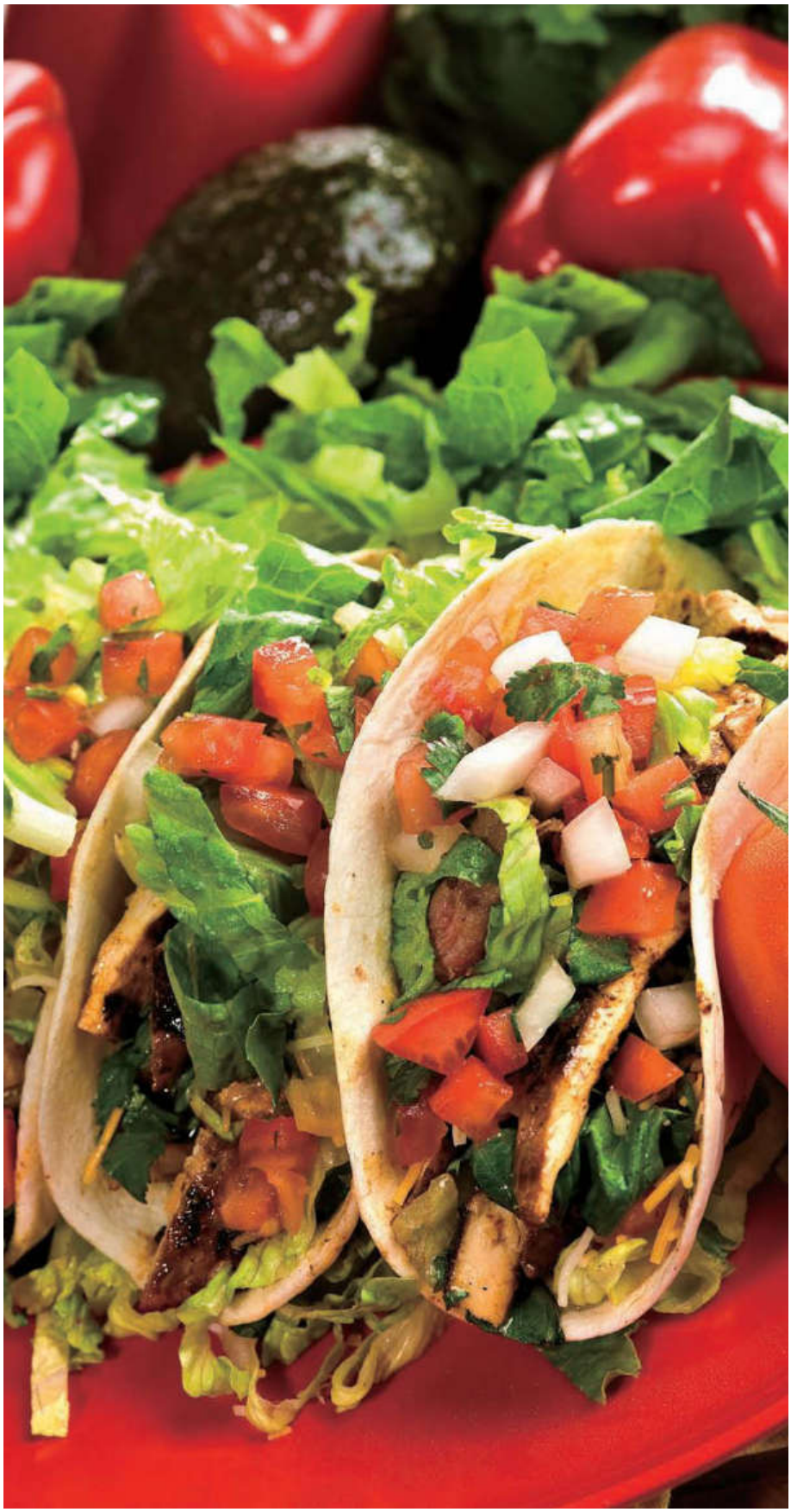
Up north, we don't have the same quality produce they have in Mexico. But oven-roast those pale, hydroponic tomatoes, and their sugars caramelize and they become delicious. Rehydrated chiles don't have the potency of fresh ones, so they need some heat therapy too, to help sharpen their flavors. Sometimes method matters more than ingredients.

ON MY NEXT-TO-LAST NIGHT IN MEXICO CITY, I learn that the taco recipe comes with an asterisk. I meet my friend Martin at Dulce Patria in the fashionable Polanco neighborhood. Tacos are not primary to chef Martha Ortiz's vision, but she makes a good chilorio taco. The finger-sized tortilla is filled with a slow-simmered meat cooked in chile sauce, mixed with pápaloquelite (an herb that tastes a little like cilantro and a little like arugula) and then rolled and fried. But what makes this taco special is its garnish: a thin slice of pickled red onion. Pinkish-purple, it tastes of beets, with a slightly sweet acidity that lances the richness of the fried meat.

It occurs to me that everywhere I've gone in Mexico City, every taco I've eaten has been splashed with acid. When I ask Escalante about the role of acid in the taco, he brightens. His student is finally catching on.

When a taco is done right, you have a meal that satisfies in the deep, primal way of roasts and roadside barbecue and, paradoxically, makes you crave it more and more.

Gringo tacos are fake. It's time to make



▲ **STREET MEATS** Mexico City cranks out countless tacos. They may be fast food, but a lot of time goes into preparing the fillings.


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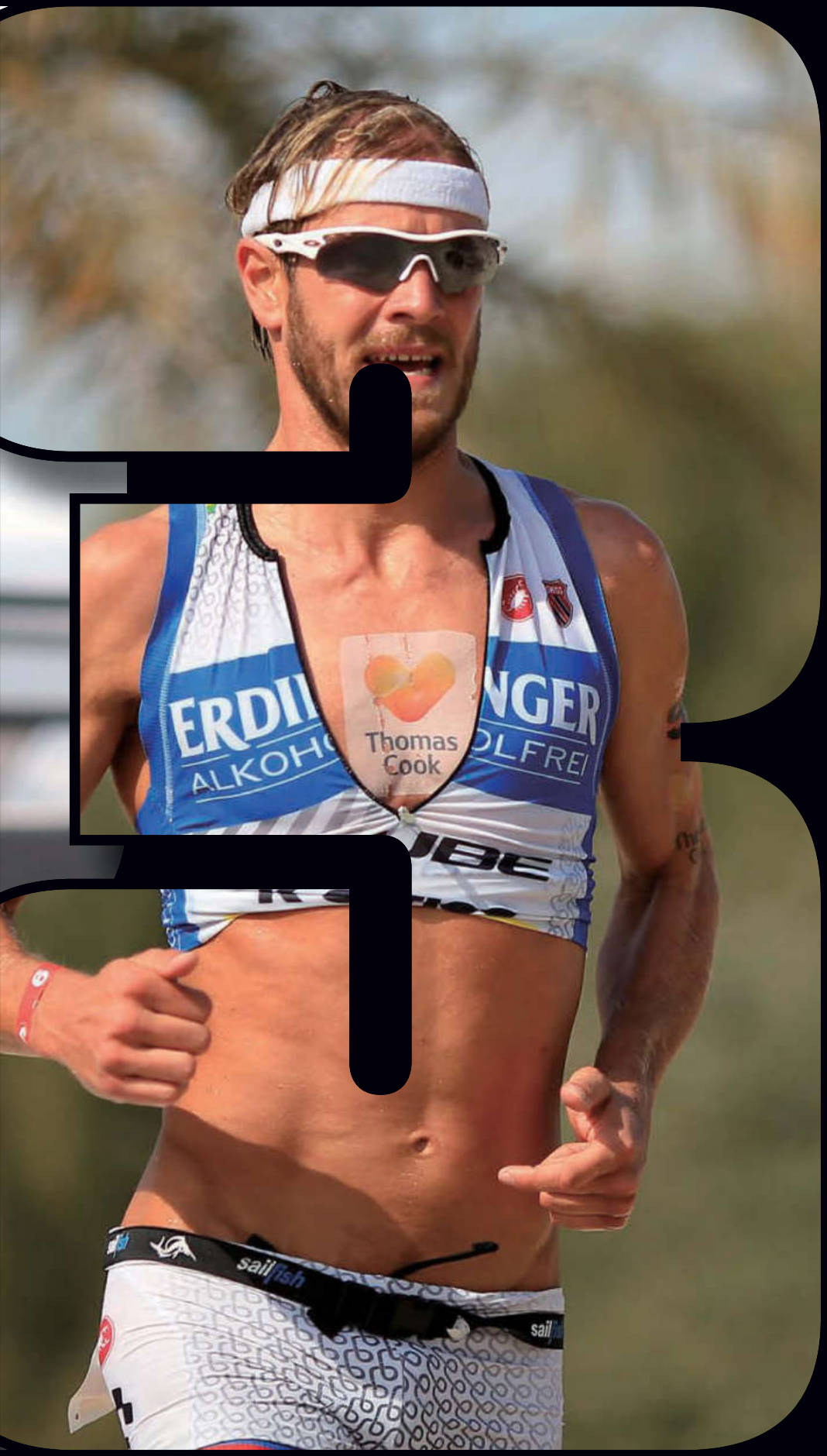
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TO ENDURANCE
RACE GREATNESS
STARTS HERE
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Congratulations on making the commitment to train for a triathlon. It's a big one, and it's going to change your life. If this is your first, then you're going to need a little help to prepare and get you through. The following few pages are designed to get you to the finish line and to be prepared for anything that may crop up, whether you're working as a team of striking out on your own for the very first time.

SWIMMING

SPRINT	OLYMPIC/5150	ITU LONG	HALF IRON/70.3	IRON MAN
750m	1.5 km	3 km	1.9 km	3.8 km

The startline is a tense place, and the first few minutes of any triathlon are chaotic as competitors jostle for starting positions, fight for space in the water and start to grasp the magnitude of the race. It's not a place to panic, and it's certainly not a place where you want to realise that you should have prepared a lot more. That starts months before, with a solid plan of attack and a detailed training regime.

"Most people don't place enough importance on swim training. They tend to leave it until last, probably because they don't really know what's involved, are too lazy to commit to it, or were never taught properly," says Brett Hallam, Aquatics instructor at Dubai's Fit Republik, and a multi-sport competitor.

"They seem to think that they can just wing the swim and make up during the cycle or run. It's, by far, the biggest thing I hear back."

"But, of you don't prepare for the swim properly, it will cost you. I wouldn't say that you can gain time or positions in the water, but you can lose more time in the swim than in the cycle or run.

"If you don't train correctly, get tired or are not prepared. If you've not prepared for open water or swimming against a current, that can add 10 minutes to your time. All these external factors add pressure. Swimming against the current means you swim further for longer and with more power than normal, so if you haven't prepared for that, it can be a real challenge," Hallam says.

The core message is that you need to push as hard during your swimming training as you would during your run and cycle training.

"The old way of training would have been to get in the pool and swim three kilometres casually at a low heart rate and just clock up the distance and think that you're prepared for a four kilometre open water swim.

"That's not it. You've got to get in the pool every day. You've got to have someone there to tell you what you're doing right and wrong – and it's exhausting, because you're not breathing continuously. Swimming is low impact, so building speed and distance is simply a matter of thundering through your training sessions as hard and as intensely as you can. You can do that right up until the week before your event without running the risk of injury or exhaustion.

"Until one week before, it's all high-intensity, high threshold sets with little rest and training at least three times a week where you're in the pool for at least an hour. In that week before, you can step it back a bit, swim casually for 2-3 km.

"You really don't want to be resting more than 15 s max before hitting it again. You want to feel that lactic acid building up. You want to get to a point where you can't pull anymore. A lot of people never get to that point. You've got to do 20 x 100m with 15-20 seconds rest between each 100m before hitting the next one."

"Every time you hit the pool, it needs to be intense. It between that, you need to be hitting 80-100%. Your heart rate is going to max out and you're going to be hurting. Your body should puff up just as it does during a weight session, your arms and lats are going to get puffed up, and you're going to know that you've worked hard.

"If you're only going to hit one of your sessions hard, then the results are going to reflect that. If you're going to run slow, you will compete slow. You've got to train your heart to adapt to 180 bpm or to a point where it's comfortable working hard. On race day, when your heart rate is already at 150 bpm just through nerves, and you hit the water, you've already trained at that level and you can just get on with it. If you train at 70bpm, you're going to feel tired. You're going to wonder what you've got yourself into.

RACE DAY

If you've put in the hard yards, then race day should hold no surprises for you in terms of pace and workload. You've prepared for it, you know you can cover the distance, and you're ready for the challenge of open water racing in a throng of thousands who all want to get past you. Remember to tuck your wetsuit strap is tucked in and can't be tugged by another competitor, and stuff a spare pair of goggles inside your wetsuit as a precaution. Close quarters racing means they can be ripped off your face, so keep that set handy. Again, if you're new to the sport, you may want to start wide before joining the main group. It's a lot less stressful.



HARD CORE INTERVALS

By Brett Hallam

How hard should I be pushing in training?
"When you train for running, do you run at 2 km/h. Of course not, not if you want to get under two hours – so is that not the same mindset you should have when you swim? You've got to train at a good pace to prepare properly."

DO THIS:
Beginner sessions
Warm up: 6x100m as 50m freestyle, 50m drill Use these 3 drills: catchup, shoulder touch, clenched fists, finger drag (see opposite).
Drill Set: 2x100: catch up drill, 2x100: Shoulder touch, 2x100: finger drag.

THEN
Choose one of these.
Sprint set 1 - 4x75m descend, each 75 get faster, descend with time, 30 seconds rest before 100m Pullbuoy (mod-pace); 4x25m sprint, hand paddles, rest 10 seconds
Sprint set 2: 3x75m descend. Take the 3rd 75 time and double it, then double the distance (150m) and achieve the double time. Repeat 4 times
Sprint set 3: 10 x100 m as 50 free, 50 kick on an interval of 2:15. Every 2:15 do the next 100.
Cool down: 300 m choice.





SKILL DRILLS



FINGER DRAG

This drill forces the swimmer to keep the elbow high while her fingers stay close to the water. That position should be maintained all the way through the recovery phase. The difference between the drill and normal swimming is that normally you want to raise fingertips one inch above the water. This drill also focuses on relaxing the muscles during the recovery.



CATCH-UP

This allows the athlete to work on the timing of their breath, a good rotation, and a steady kick. It isolates each arm but allows newer athletes to balance their stroke Catch up drill can help correct a short hand entry by forcing the athlete to extend their recovering arm further in an effort to touch their opposite hand before beginning another stroke.



SHOULDER TOUCH

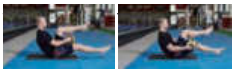
Complete a stroke and after you hand exits the water (keep the elbow high), get your fingers to brush on top of your shoulder during the recoveryt and before entering the water. This improves high elbow recovery. Another drill calls for you to uses clenched fists work the forearm and you learn how to become more efficient not using your hands.

RACE DAY TIP: As you're standing on the shore waiting for the starter to sound, pick out the first marker buoy and line up a reference point behind it - something that won't move. It could be a tree, enormous rock or pole. Once you hit the water, you may struggle to spot the buoy, but your reference point will keep you on track.



SWIM STRENGTH TRAINING

DEVELOPING A TIGHT CORE WILL ADD POWER TO YOUR SWIM



EX 1 CORE BALL CYCLES

Grab a medicine ball and find a bit of space to sit and work. Raise one let up and extend the other. Pass the medicine ball under your leg, before extending it and raising the opposite leg.



EX 2 V-SIT WITH BALL

Lie down on your back with your arms extended and legs. Grab the medicine ball and, with straight arms, bring it to meet your feet in a V-sit. That's 1 rep. Do this for 30s, and build to around a minute.



EX 3 CORE LIFT

Grab a medicine ball and plonk it on the floor between your feet. Bend down to pick it up, keeping you back straight and knees slightly bent. Now pick it up and put it down, as fast as you can.



EX 4 LATERAL LIFTS

This time, move the ball to one side and lift it quickly over the opposite shoulder. Do it quickly for 30 seconds.

TRANSITION TIPS

Set aside some time to practice stripping out of your wetsuit and getting into your cycling gear. On the day, take time to set out your kit so that you can cut down the time you're static.

CYCLING

SPRINT	OLYMPIC/5150	ITU LONG	HALF IRON/70.3	IRON MAN
20 km	40 km	80 km	90 km	180 km



Cycling all starts with the machine itself, and a proper professional fit. There's no getting around it; you may develop your skills and endurance in shorter events with a bike that's not quite right, but longer distances require a dedicated machine tailored to your shape, ability, style and technique. Beyond that, cycling is simply a matter of churning through the miles and hours to clock up experience, nail fueling and refining your race craft. There's not a lot of point in pouring all of that effort into training if you have no idea what you're doing, what you're trying to achieve with your technique, or how to reassemble your bike once you've flown halfway across the world with it.

BIKE SELECTION

"I bought my first ever bike because it was on offer, but it was too big for me and I was never comfortable on it," says Dubai-based triathlete and Iron Man Luke Matthews. Matthews knows a thing or two about the sport. He took up triathlon events in 2011, but in his first Ironman in 2013 he qualified to that year's World Championships in Kona, Hawaii. He's qualified for the event again this October, so is right in the middle of his build up.

"The problem with buying a bike that's too big is that you can never make it smaller. You can adapt a smaller bike to make it a little bigger, but it's why you hear a lot of guys recommend going one size smaller than one size bigger. Is that correct? Not 100%: you're better off on a bike that fits you specifically.

"So long as the frame is the right size, the rest will follow. With road bikes, there's pretty much just one standard wheel size. It's not like mountain biking where there are lots of different sizes of wheels."

The first choice you really have to make is whether you want to spring for a triathlon specific TT (time-trial) bike, or a road bike.

"The TT bikes are built for speed. Road bikes a better for handling, they're much better for climbing, and for an all round bike, they're the way forward. But for triathlons – most triathlons are done on flat courses – the TT bike is perfect," Matthews says.

TT bikes are designed for aerodynamic efficiency. The frame is lightweight and the tubes have a teardrop shaped cross-section to cut aerodynamic resistance. The riding position is designed to also cut wind resistance by lowering the rider's torso to cut drag - and that's done by having a high saddle position reasonably high in relation to the height for the handlebar stem and aerobars.

The aerobars are designed to keep the rider's elbows tucked and torso drag profile reduced without compromising his ability to breath.

SET-UP

Bike geometry is an entirely personal process, and really depends on the type of event you're training for, your abilities and your flexibility.

Matthews explains: "For me, sprint distance triathlons mean you can get away with a slightly more uncomfortable position on the bike because you're not going to be on the bike that long. You can hold a lower aerodynamic position and it's not going to affect your run so much. Olympic distance, again you can probably go into a little lower profile. You should still be comfortable in those positions, but you'll probably be in a position where you're driving the knees a little higher than you would.

"On your halfs and your full ironmans, it helps to have a more relaxed position. All different rider have different shapes in the bike. That can be the fitting of the bike, but it can also just be their bodies. Some people have a natural curvature of the spine, some hold a flat position. But when you're fitting a tri-bike, it all centres on the rider's flexibility."

"If you want to get into a nice aero shape on a road bike, take up yoga. We get a lot of guys in here who have no flexibility and they can't get into a low position on the bike because either the lunch muscle (belly) is in the way, so their knees are going to go in one position. If that's not in the way and they have bad flexibility in the hips or the hamstrings, then the knees are just going to be swinging around."

"The longer the distance, the more it becomes about comfort. If you're on the bike for 5, 6 or seven hours as you may be during an ironman, you've got to be comfortable. It's not going to be armchair comfy, but it has to be something you can manage for a very long period of time," Matthews says.

INSIDE LINE

How often should I have my set-up checked?
MATTHEW, DUBAI

"In time, your body changes too. You get fitter, so you may need to go back for a reassessment. The bike shouldn't change, but the fitter you become, and if you do a bit of yoga and become a bit more flexible, you may be able to hold a lower position on the bike and be just as comfortable Or, you've gone from riding a road bike to a tri bike and everything feels right, settled, you're not in pain and you've got used to it – maybe then you can start to try different things, like going lower if your hip flexibility allows.

If it's tiny adjustments, you may get away with it, depending on the importance of the race. But, if it's your big A-race, you'll want to have that settled in at least a month ahead of time so that there are no unexpected things that crop up."

"That's the good thing about a bike fit: you get to interact and get that relationship with the customer, and get the bike to fit them, not them have to compensate to the bike

"It's nice to be able to adjust stem length, saddle heights, saddle fore and aft, extensions just to fit them means they go away happy.

The Cycle Hub is introducing its Body Geometry system to help athletes find the best riding position for their chosen sport. Contact them on 04 425 6555.



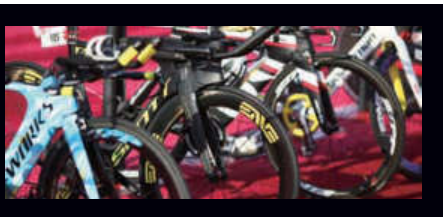
THE PROCESS

For a proper bike set-up, professional fitters like The Cycle Hub, Dubai, complete a full body assessment of the rider that takes into account things you may never have considered. For a tri-bike, hip flexion is key because it determines just how low a rider can get on the bike and, by extension, just how aerodynamic he can make himself.

In fact, the entire movement of the leg and foot is vital to set-up. Techs need to know just how good your hamstrings are, how your knee naturally collapses (in or out), the stability of your feet and whether you need extra support in the arch or under your toes. It's an all encompassing process that takes a fair bit of time and effort to get right. It's certainly a process that a novice won't master without help, and something that is core to your training. With such distances to cover in some of the longer events, athletes need to know their machines inside out. Making small changes may suit shorter events, but for the longer ones where you're grinding out the miles, hour after hour, you don't want to introduce anything that may undermine your training effort.



RACE DAY TIP: Make sure your gear is laid out in a logical order so that you don't leave anything behind in the transition area. Half and full distance Iron Man events simply can't be done without your nutrition gels, so make sure you've got them onboard, that you've strapped your helmet on and have everything else you need.



TRIATHLON NUTRITION

For triathletes, food is fuel. So don't fill your tank with sludge. "Poor training days are often due to poor eating days," says Suzanne Eberle, M.S., R.D., author of Endurance Sports Nutrition. This plan is designed to give you sustained energy for your workouts, help your body recover from training, and to give you peak performance on race day. This isn't a fat loss or muscle-building diet. It's for performance.

What to Eat

Triathletes should break their diets into three phases: off season, peak season, and tapering, says Tim Ziegenfuss, Ph.D., CEO of the Centre for Applied Health Sciences. The only real difference between the three stages? Carb intake. "Carbohydrates are the most important fuel." People who are training for a triathlon should be eating 2 to 3 grams of carbs per pound of body weight every day. Recent studies have also shown that pairing carbohydrates and proteins help your muscles recover from training. "Instead of just a bagel or an apple, have it with some peanut butter or nuts," says Ziegenfuss. Don't get too excited—this doesn't give you free reign to eat all of the pasta you want. "You still have to match your caloric intake to caloric expenditure, or else you'll gain body fat," Ziegenfuss warns. That means lots of fruits and veggies, whole-grain carbs and water.

TRANSITION TIP

Hours on a bike will play havoc with your legs, so ease into the run and work through the pain. It'll pass. In time.

RUNNING

SPRINT	OLYMPIC/5150	ITU LONG	HALF IRON/70.3	IRON MAN
5 km	10 km	20 km	21.1 km	42.195km



So, you've made it through the swim without incident and managed to clock through the cycle in record time. Now for an easy stroll to the finish line, right? Again, proper preparation for the run section begins months before race day, and you will have logged a lot of miles in that time. Acing the run shouldn't trouble you whatsoever. In theory.

The truth is, as you climb through the ranks of multisport events and the distances begin to increase, so too must your training.

"A half ironman race for most people is a 5-6 hour race," says Neil Flannigan, triathlon coach with Innerfight and former Kona Iron Man competitor. "We get people here who have run marathons and are looking at their first half Ironman, and are shocked at the amount of training they have to do to get around properly. The bottom line is that you've got to be swimming twice a week minimum, you've got to be riding your bike twice a week minimum, and running twice a week minimum. Ideally three times a week for each, with some strength and conditioning twice a week. So, all of a sudden, you're looking at, potentially, 11 sessions a week."

It's that bit about weight training that takes athletes by surprise. Strength and conditioning - classic moves like deadlifts, squats and presses - normally have no place in distance running training, but Flannigan says it's essential for multisport events.

"You're upright for a long time, and if you can't hold yourself upright and stable, then things start to go wrong. If you go and watch the last five km of a marathon, or the last 10 km of an Ironman, people are buckling in that last hour. It's just pure survival, and there is no getting away from the fact that if you are physically strong and your core is strong and stable, things are going to be ok for you."

"It doesn't have to be heavy, loaded, full resistance training though that is my preference – but even if it's bodyweight, core stability work then it works. Can you hold a plank for three minutes? Can you get into a decent hollow position and hold it. Those are some of the fundamentals that everyone should be able to do."

STARTING OUT

"You have to have to establish a base of aerobic fitness. Most people don't know what that means. There are different energy systems that you have to train, and you either need to be training comfortably slowly or really uncomfortably fast. There's not much in between other than just dialling in for race day," Flannigan says.

"If you think of the traffic light system, you either want to be in the red zone or green zone, and not much in the middle. Most people do the vast majority of their training in that middle zone where they're not really generating aerobic capacity, and they're not challenging their anaerobic system either.

"Two key predictors of endurance performance are your aerobic capacity, and your speed at threshold. So, in our first phase of training, we'd work on that aerobic development, and use a second phase to work on that threshold development. The two get mixed in, and typically the intervals would building that second phase. And then you get into dialing in that race pace where you're doing a lot of work at speed, you're practicing the fueling, race day skills, transitions, managing your effort so you know how hard you can push during the cycle and run."

To get a better understanding of how backing off a bit during longer training runs and supplementing that with interval training helps your endurance, you need to grasp the concept of lactate or anaerobic thresholds [see opposite].

"Most people don't understand what aerobic is. If you can run and hold a full conversation without having to break that sentence up into parts to breath, then you're training aerobically. If you're training and you can't speak, you're probably training anaerobically."

"It doesn't matter, in the summer outside, your aerobic pace might be two minutes per km slower because your heart-rate is through the roof. The bottom line is, if you're not training aerobically you're not training your aerobic engine,. It really is that simple. If that means you have to slow down in the summer, that's cool.

"Your cardio vascular system doesn't recognise 8km/h or 10 km/h – what it recognises is how fast your heart is beating. People feel they don't train hard enough in the summer because they're hav-

RACE DAY ADVICE

Flannigan's advice for the big day is simple and straightforward: "Train for race day. Train as you expect to race, and don't do anything different on the day. You've spent a lot of time training, and race day is not the time to be trying new stuff. Try to recreate what will happen on race day in the months leading up to it. If your morning routine has been the same for months, don't change it on race day and risk upsetting something. For some, that may be toast for breakfast – it doesn't matter what it is. There is no perfect pre-race meal. Whatever you have done to date, just do it again on race day. You should be ready to go. You may have some nerves - but it's nothing to be feared because you've covered it all in training, and you're prepared. You should really be at a point that you can't wait to get started.





ing to go slower, but actually that's not the case at all. As long as you're doing the speed work at the other end of the scale as well, then you're good to go."

"By race day, you should be ready to go. You should be wanting to be let of the leash. There's no question about it. Ironman training is exhausting. It should be, because it's distance that should be respected but not feared. If you're training appropriately, you're going to be in the 12-15 hours minimum a week training to get around that distance safely, and that is tiring , especially if you've got a family, and a job, and want some semblance of a social life. But the time you come to taper [see below], you should be ready for it. And you are ready to race. You don't lose any fitness in that final week, but what we're trying to gain is freshness."

LACTATE THRESHOLD - WHAT IS IT?

Lactate threshold is the exercise intensity at which pushing any harder makes your muscles burn and your brain yell "Quit!" Biologically, it means the body's mechanism for flushing the blood lactate in the muscles and blood is overloaded. (Blood lactate is a product of carbohydrate metabolism in muscle and red blood cells. At lower intensities, the lactate is an energy source.)

Why It Helps

Exercising at your lactate threshold is a great way to improve fitness, says Jim McGehee, a USA Triathlon-certified coach who authored a recent study in the Journal of Strength and Conditioning Research. Your body will become better at using lactate, you'll avoid the burn, and you'll run faster.

How to Find Yours

Scientists use blood tests to find people's lactate thresholds. You can use a heart-rate monitor. Run at as hard a pace as you can sustain for 30 minutes. Then average your heart rate over the last 20 minutes of the run. That's a good estimate of your threshold, McGehee says

TRAINING

AEROBIC BUILDING SESSION

Work between 60-70% of Max Heart Rate on the Bike and 70-80% on the run. If working without a Heart Rate Monitor, if the athlete is able to hold a full conversation without breaking up sentences and/or breathe through his/her nose then it is likely that he/she is working aerobically.

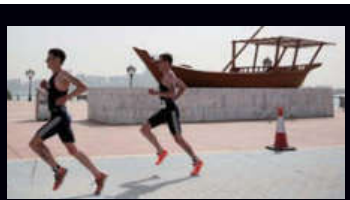
THRESHOLD DEVELOPMENT

Warm Up: 5-10 mins (minimum) of easy running followed by 5mins of dynamic exercises to mobilise the muscles and increase the range of movement followed by 5mins of running drills to develop co-ordination and reinforce good mechanics. Complete the warm up with strides, 4-6x60m runs building up to 80%max intensity each time.
Main Set: 4 x(4x400m) with 30 sec rest between reps and 2 mins between sets. Pace is around recent or perceived 5km best effort.
Warm Down: Easy running until you feel relaxed and comfortable.

SWING PACED TEMPO SESSION

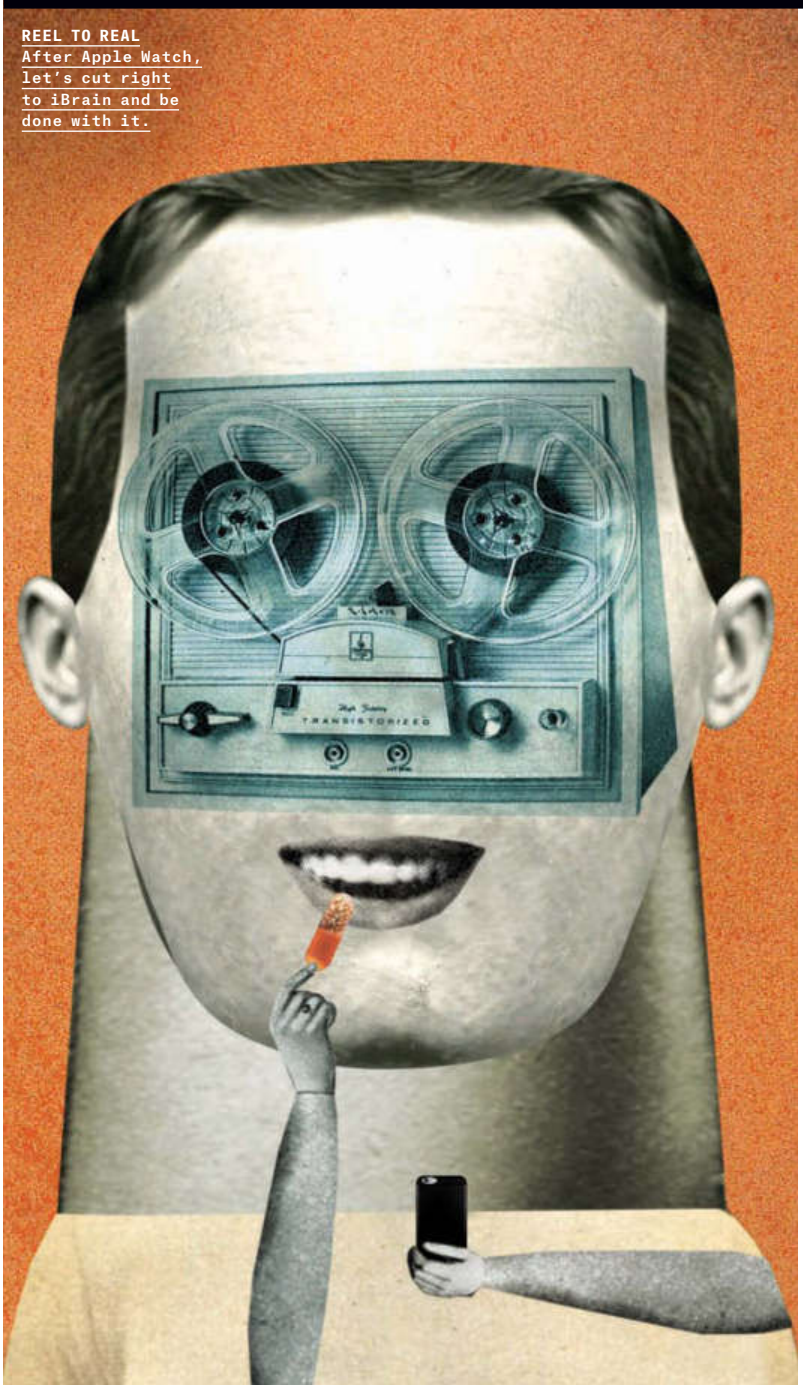
I find that swing sets are invaluable for teaching athletes proper pacing in simulated racing conditions. It also helps your body get accustomed to difficult sub-threshold surges that you often experience in competition.
5 min easy running, followed by a further 5 minutes building up to your goal pace.
Main set: 45 minutes doing 3 minutes just slower than race pace, 1 minute faster than race pace and 2 minutes at race pace
5min easy jogging to cool down

TOP TIP: Just keep moving. Transition times can really hinder your final results, so be methodical and deliberate. "Look at the difference in the transition times between pros and amateurs. I've seen guys take 10 minutes in each transition – and that's 20 minutes that you've wasted. Trying to find that time in your run, swim and bike is impossible.



THE FINISH LINE

You've made it. Soak in your glory, pick up your medal, go home and rest for a few days. Then start looking at what's next...



REEL TO REAL
After Apple Watch, let's cut right to iBrain and be done with it.

17 Inventions We Need Now

Driverless cars and wearable tech? Fine. But we'd pay big bucks for certain inventions inspired by everyday hassles and random musings.

BY STEVE CALECHMAN

GUY LIST

PLEASE INVENT...

Plasma screens on the backs of big trucks so we can catch the game when stuck in traffic.

True superfoods. The power of flight would be nice—or at least the ability to answer emails while sleeping.

Car-wash blowers at the gym shower exit.

Singles-only jury duty. Throw in a bowling alley and voilà: waiting lists. ("Your honor, we need to be sequestered.")

Short-term memory app. Records your day and reminds you if you took your vitamin this morning.

Exchangeable first-aid items. Let us trade in 50 unused tiny Band-Aids for 20 regulars.

Automatic parking garage spot locator.

Fitted sheets with directional arrows.

And with that, a mattress that hovers.

Express lane at the doctor's office. When the five-minute buzzer goes off, you're done—even if the bleeding isn't.

Hamster-size bears. All that cute ferocity, none of the midnight garbage can raids.

A DVR that detects rain delays and overtime.

Scarier incentives on cardio machines. Pixelated peaks? Please. Chase us with a snarling jaguar.

Hologram concerts. It'd be nice to know how Hendrix would have adapted to a kitchen-counter stage.

The Spoiler Block. Until you've watched the game or episode, all texts, tweets, posts, and crawls are scrubbed.

A boot-sizing sensor. When the fit is right, the light goes on.

High-beam brake lights for the dude on your tail.

DRY OFF LIKE AN OLYMPIAN

No towel service at your gym? A chamois, like the ones used by Olympic and professional divers, wicks up water well and wrings out quickly. Microfibre towels, which come in many sizes, are nearly as good; they're thin and will fit easily in your gym bag.

Ginger Huber, professional diver with the Red Bull Cliff Diving World Series

DO A READ-THROUGH

If you need to remember something tomorrow, say it out loud or to yourself several times. ("After I get coffee, buy her card.") Then form a visual image of actually doing it. Not only does this force you to pay attention, but linking the task to a daily activity cements it without relying on notes that you'll undoubtedly forget.

Mark McDaniel, Ph.D., principal investigator at the Memory and Complex Learning Lab, Washington University in St. Louis

ZIG WHEN THEY ZAG

Some parking structures and lots now have signs directing you to available spots. Until they all do, look near an exit. Or, if the structure's design is funneling you up, cut across and try going down.

Andy Miller, consultant with Carl Walker, a parking design firm

BE PRECISE ABOUT PAIN

If you (or, more likely, your doctor) are pressed for time, report exactly what you were doing when the hurt hit. He or she can unravel the mystery from there, easing the psychic pain of all your frantic Google searching.

Paul Casey, M.D., emergency physician at Rush University Medical Center

WATCH WHILE YOU WORK

Do "television intervals." On a stationary bike or treadmill, exercise at a perceived rate of exertion of 5. But when the commercials come on, hammer it up to 9 or 10.

Ted King, professional cyclist with Cannondale-Garmin Pro Cycling

STROLL AROUND THE STORE

Forget your shoe size: Boots can differ by a size and a half. And even if they feel fine right away, walk awhile to check for pinching or rubbing. You'll wear them for years—it's worth a few minutes.

Billy Lovell, product developer at Justin Brands

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